

# Eucharist

Family Guide



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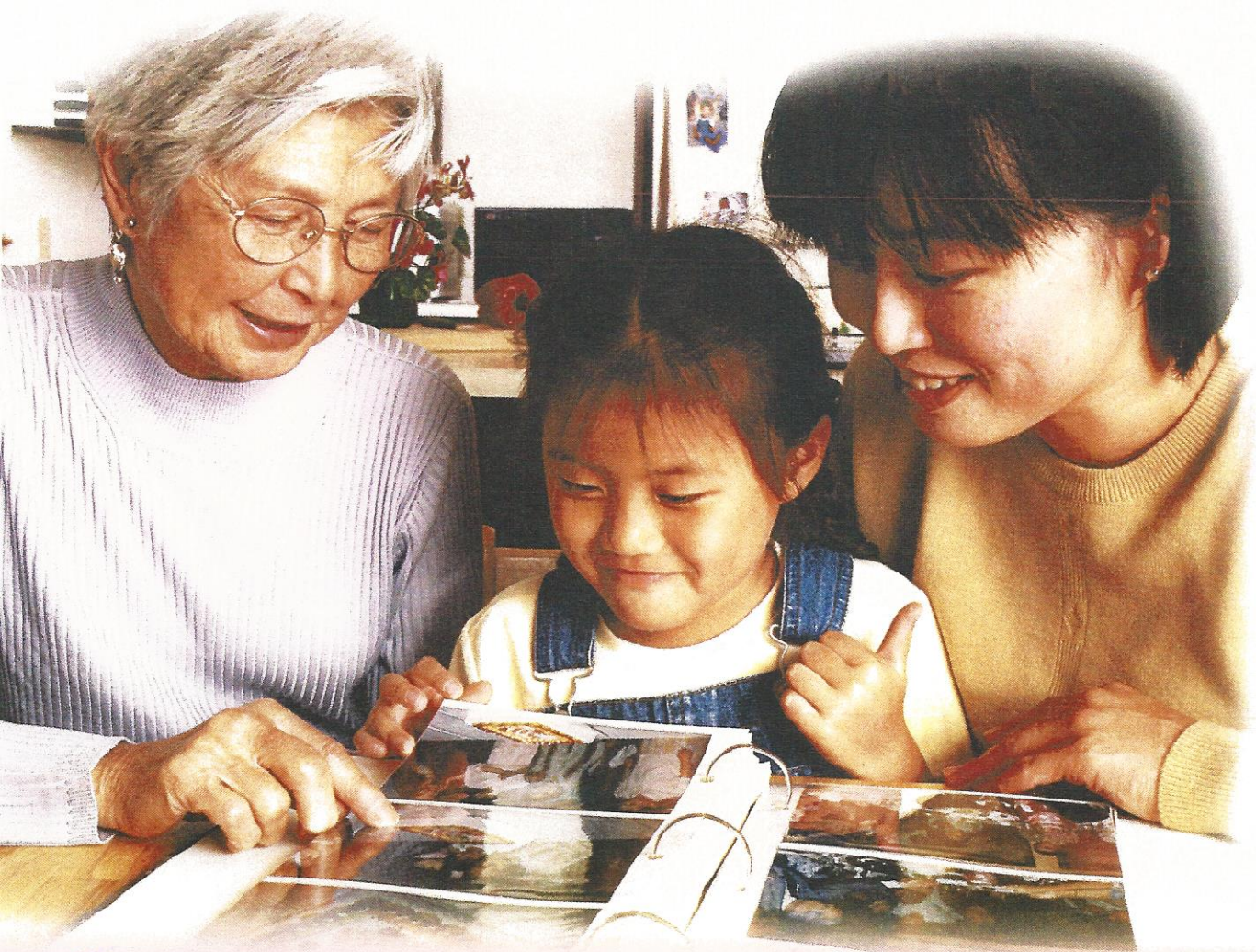
Cincinnati, Ohio



# We Remember

*Think of a time that you spent with a loved one. What did it mean to be in that person's presence? Did time drag or seem to fly? Why was that? When we go to Mass to celebrate the Eucharist, we are spending time with God. Jesus is present with us. Joined to Jesus, we worship God through the power of the Holy Spirit.*

*At the Last Supper Jesus gave the Eucharist to the Church. The bread he gave us was his Body and the cup of wine was his Blood, poured out for the forgiveness of sin. We believe that under the appearances of bread and wine, Jesus is really and truly present with us. Through the celebration of this sacrificial meal we share in the life, Death, and Resurrection of Jesus. We join Jesus in his self-sacrificing love.*





# Overview

## What We Will Learn

*In your time together your family will deepen its understanding and living of the Church's faith.*

*The faith theme of this lesson is:*

Jesus instituted the Eucharist at the Last Supper.

## What We Will Do

*Follow these simple steps to help your child prepare for the celebration of the sacrament. The details of this process are found on page 30 of this family guide.*

- **Preparation:** Read and reflect on the background essay on page 28. Look over the "Overview" page.
- **Step One:** Celebrate and share your experience of the ritual action of proclaiming an acclamation. The ritual is found on page 31 of this family guide.
- **Step Two:** Retell and share your understanding of the Scripture story "The Last Supper" (Luke 22:17–20). An adapted version of the Scripture story is found on page 40 of your child's *Eucharist* book.
- **Step Three:** Discuss and share how your family can participate more fully in praying the Eucharistic Prayer. The Church's teaching on the eucharistic prayer is found on pages 42 and 43 in your child's *Eucharist* book.
- **Step Four:** Choose to make a difference in your own lives and in the lives of others by doing and saying things that give evidence of your belief in the presence of Jesus with you. Suggested activities are found on pages 44 and 45 of your child's *Eucharist* book.
- **Conclusion:** Pray together for guidance and help in living your faith. A suggested prayer is found on page 30 of this family guide.

## What We Will Need

*These are the items you will need for this lesson. Take the time to gather them in advance of meeting with your child:*

- RCL Benziger's *Eucharist* child's book
- Unleavened bread and grapes
- Family Bible or a children's version of the Bible
- Scripture card "The Last Supper"
- Pencils

## Looking for More

*These are some additional resources that will help you enrich or extend the lesson:*

- RCL Benziger's *Eucharist* music CD, Song 9, "Cristo Ha Muerto"; Song 10, "Cantamos Amen (We Sing Amen)"; Song 11, "We Remember You"; Song 12, "Love Each Other."
- **Children's Books**
  - Nadia the Willful* by Sue Alexander (Pantheon Books). Keeping a loving memory alive through sharing and love.
  - Wilfrid Gordon McDonald Partridge* by Mem Fox (Kane/Miller Book Publishers.) A story that reminds us of the meaning of memory.
- **Children's Videos**
  - Faith First** Grade 2 video, Segment 7, *The Visual Bible™*, "The Lord's Supper."
  - Last Supper* (Brown-ROA).
- RCL Benziger's *Eucharist* interactive calendar.



Visit the RCL Benziger sacraments web site by following the link titled "Sacraments" at [www.FaithFirst.com](http://www.FaithFirst.com).



# Sharing Together

## STEP ONE

### Celebrate the Ritual

- Celebrate the ritual "Remembering Jesus."
- Invite everyone to share what it was like to experience the family ritual. Be sure to affirm all responses.
- Open the child's book to pages 38 and 39. Ask your child to describe what they see happening in the photographs.
- Read, discuss, and complete the rest of page 39.

## STEP TWO

### Share the Scripture Story

- Look at the illustration on pages 40 and 41. Ask your child to describe what they see happening in the illustration.
- Point out the "Faith Focus" question. Ask your child to listen for the answer as they listen to the Scripture story.
- Read, discuss, and complete pages 40 and 41. Pay special attention to "Together as a Family."

## STEP THREE

### Discover the Faith of the Church

- Look at the photographs on pages 42 and 43. Ask your child to describe what they see happening in the pictures.
- Read the "Faith Focus" question. Ask your child to listen for the answer as you read these pages.
- Read, discuss, and complete pages 42 and 43. Pay special attention to "Together as a Family."
- Help your child discover how the different names the Church gives to the Eucharist help them come to a better understanding of the Eucharist.
- You might like to use pages 67 and 68 of the child's book to help your child better understand and become familiar with the rites and prayers of the Eucharistic Prayer.

## STEP FOUR

### Make a Difference

- Read, discuss, and complete page 44. Encourage everyone to share a faith choice.
- Read, discuss, and complete page 45. Choose one activity from "Sharing Together" that will help you live your faith as a family.
- Turn to the back of the child's book and punch out the Scripture card "The Last Supper." Talk about the card and where you can keep it to serve as a reminder of this lesson and your time together.



## Closing Prayer

Conclude your time together by using this prayer or one of your own choosing. Begin by blessing yourselves, saying:

**ALL:** In the name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.

**LEADER:** Let us proclaim the mystery of faith.

**ALL:** When we eat this Bread  
and drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.

**LEADER:** By his Death and Resurrection,  
Jesus has shown God's great love for us.  
May the love of God fill our hearts.

**ALL:** Amen.

**LEADER:** May the Holy Spirit help us share God's  
love with others.

**ALL:** Amen.

**LEADER:** May almighty God bless us,  
the Father,  
and the Son,  
and the Holy Spirit.

**ALL:** Amen.

**LEADER:** Go in peace, glorifying the Lord by  
your life.

**ALL:** Thanks be to God.



# Remembering Jesus

## Gathering

*Gather your family around a table on which you have placed bread and grapes. Invite everyone to settle themselves and to become aware of God's presence. After a moment of quiet, begin the celebration of the ritual.*

**LEADER:** Let us begin as we were baptized by praying the Sign of the Cross.

**ALL:** *Making the sign of the cross, say,*  
In the name of the Father,  
and of the Son,  
and of the Holy Spirit. Amen.

**LEADER:** God, our loving Father,  
you are with us as we gather  
to remember your Son, Jesus.  
Send the Holy Spirit to open our hearts  
to listen to your presence with us.  
We ask this through Jesus Christ our Lord.

**ALL:** Amen.

## Scripture Reading

*Proclaim or invite someone to proclaim the Scripture story "The Last Supper" (Luke 22:17–20) from your family Bible. An adapted version of the Scripture story is found on page 40 of your child's Eucharist book.*

**LEADER:** God is with us in a special way  
when we listen to his word, the Bible.  
Let us make a sign of the cross on our  
forehead, lips, and over our heart and  
ask the Holy Spirit to help us listen to the  
Word of God.

**READER:** A reading from the holy Gospel according  
to Luke.

**ALL:** *Reverently make the sign of the cross on their  
forehead, lips, and over their heart, saying,*  
Glory to you, O Lord.

**READER:** *Proclaim the Scripture. Conclude the reading,  
saying,*  
The Gospel of the Lord.

**ALL:** Praise to you, Lord Jesus Christ.

## Ritual

*Point out that when we gather as a community for  
Mass, we come together to remember Jesus' life,  
Death, and Resurrection. During the Eucharistic  
Prayer, we pray or sing the Memorial Acclamation.*

**LEADER:** Repeat after me as we pray the Memorial  
Acclamation. *(You may say or sing this  
acclamation.)*

**LEADER:** When we eat this Bread

**ALL:** When we eat this Bread

**LEADER:** and drink this Cup,

**ALL:** and drink this Cup,

**LEADER:** we proclaim your Death, O Lord,

**ALL:** we proclaim your Death, O Lord,

**LEADER:** until you come again.

**ALL:** until you come again.

## Closing

**LEADER:** God, our loving Father,  
today we gather to remember your Son,  
Jesus Christ.

We know that Jesus is always with us.

Send us the Holy Spirit

to help us live as Jesus taught us.

We ask this through Jesus Christ our Lord.

**ALL:** Amen.