

Eucharist

Family Guide



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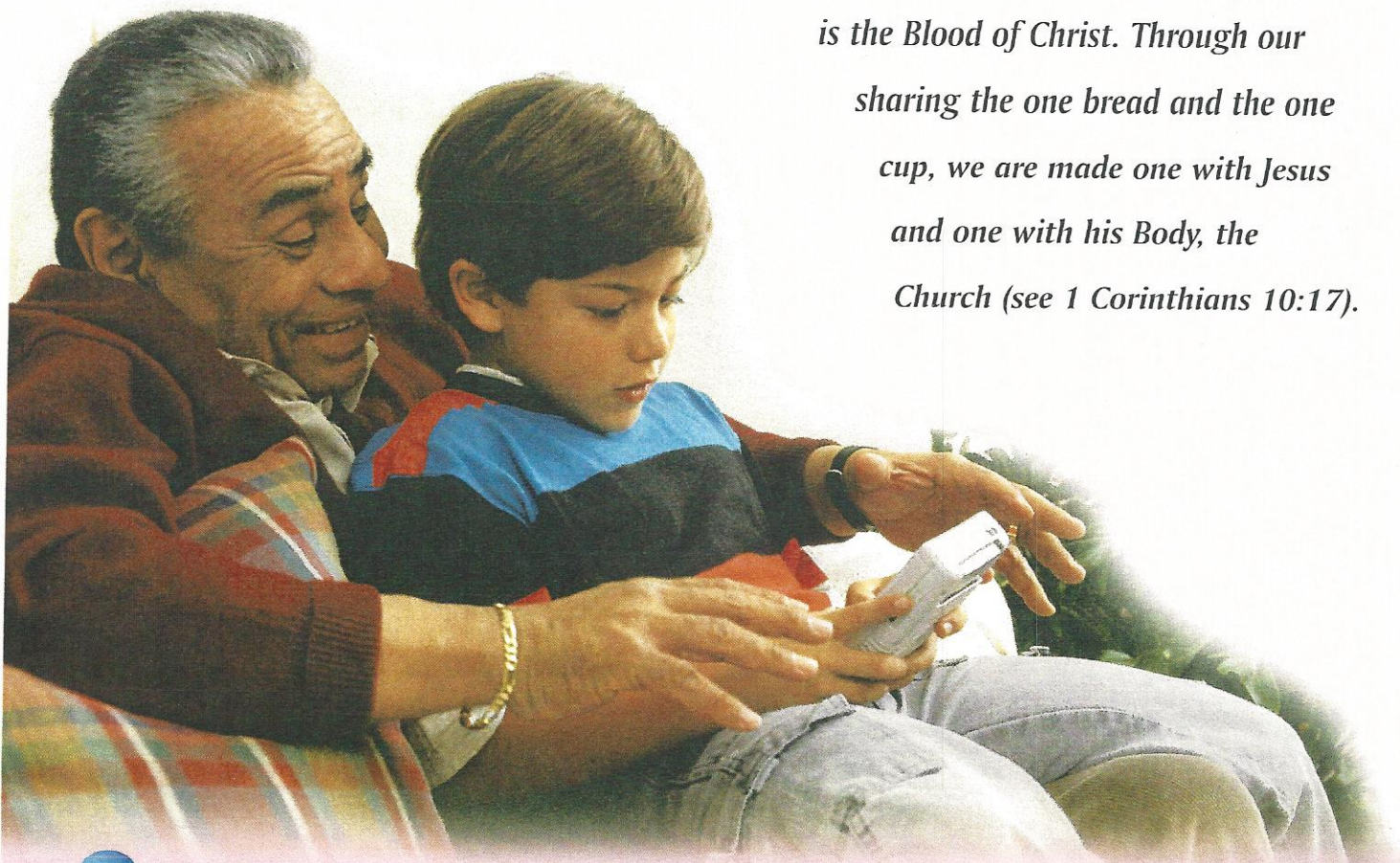
Cincinnati, Ohio

We Celebrate

How present are we to our families? How present are we to our children? Being totally present to another person is a gift. Being totally present to others, as they need us, is to image God to others. As parents, we can evaluate our presence with our children. How responsive are we? How much do we truly value our time with our children? Are we so busy fulfilling our schedules that we end up just going through the motions of being present to them?

Jesus said, "I am the bread of life. . . . Those who eat my flesh and drink my blood live in me, and I in them" (based on John 6:35, 56). Jesus is present

with us at Mass. The consecrated bread is the Body of Christ. The consecrated wine is the Blood of Christ. Through our sharing the one bread and the one cup, we are made one with Jesus and one with his Body, the Church (see 1 Corinthians 10:17).



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:

Sharing the Eucharist in Holy Communion strengthens our union with Christ and with the church community.

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 34 of this family guide.

- **Preparation:** Read and reflect on the background essay on page 32. Look over the "Overview" page.
- **Step One:** Celebrate and share your experience of the ritual action of sharing a sign of the peace of Christ. The ritual is found on page 35 of this family guide.
- **Step Two:** Retell and share your understanding of the Scripture story "The Road to Emmaus" (Luke 24:13–35). An adapted version of the Scripture story is found on page 48 of your child's *Eucharist* book.
- **Step Three:** Discuss and share how your family can participate more fully in the Communion Rite. The Church's teaching on the Communion Rite is found on pages 50 and 51 of your child's *Eucharist* book.
- **Step Four:** Choose to make a difference in your own lives and in the lives of others by living as peacemakers. Suggested activities are found on pages 52 and 53 of your child's *Eucharist* book.
- **Conclusion:** Pray together asking God for his blessing. A suggested prayer is found on page 34 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
- Family Bible or children's version of the Bible
- Candle
- Scripture card "The Road to Emmaus"
- Pencils

Looking for More

These are some additional resources to help you enrich or extend the lesson:

- RCL Benziger's *Eucharist* music CD, Song 13, "The Lord's Prayer"; Song 14, "Taste and See"; Song 15, "Pan de Vida."
- **Children's Books**
 - Bread, Bread, Bread* by Ann Morris (Morrow, William & Co.). A celebration of the many different kinds of bread and how they can be enjoyed.
 - The Unbeatable Bread* by Lyn Littlefield Hoopes (Dial Books for Young Readers). The aroma of special bread draws people to unite in a feast.
- **Children's Videos**
 - Faith First** Grade 3 video, Segment 8, "The Our Father."
 - First Eucharist* (St. Anthony Messenger Press/Franciscan Communications).
- RCL Benziger's *Eucharist* interactive calendar.



Visit the RCL Benziger sacraments web site by following the link titled "Sacraments" at www.FaithFirst.com.

Sharing Together

STEP ONE

Celebrate the Ritual

- Celebrate the ritual "Sharing the Presence of Christ."
- 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 46 and 47. Ask your child to describe what they see happening in the photographs.
- Read, discuss, and complete the rest of page 47.

STEP TWO

Share the Scripture Story

- Look at the illustration on pages 48 and 49. 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 48 and 49. Pay special attention to "Together as a Family."

STEP THREE

Discover the Faith of the Church

- Look at the photographs on pages 50 and 51. 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.
- Read, discuss, and complete pages 50 and 51. Pay special attention to "Together as a Family."
- Emphasize that the consecrated bread and consecrated wine we receive at Mass are really and truly the Body and Blood of Christ.
- You might like to use pages 69–71 of your child's *Eucharist* book to help your child better understand and become familiar with the rites and prayers of the Communion Rite of the Mass.

STEP FOUR

Make a Difference

- Read, discuss, and complete page 52. Encourage everyone to share a faith choice.
- Read, discuss, and complete page 53. 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 Road to Emmaus." 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: God, our loving Father,
gives us food from Heaven,
the Bread of Life.
May the Lord bless us and keep us.

ALL: Amen.

LEADER: May his face shine upon us
and be gracious to us.

ALL: Amen.

LEADER: May he look upon us with kindness
and give us his peace.

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.

Sharing the Presence of Christ

Gathering

Gather your family around a table where you have placed a lit candle. 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.

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 give us the gift of new life in Jesus,
your Son.
Send us the Holy Spirit
to open our hearts to your word
and to help us share the gift of Jesus
with others.
We ask this through Jesus Christ our Lord.

ALL: Amen.

Scripture Reading

Proclaim or invite someone to proclaim the Scripture story "The Road to Emmaus" (Luke 24:13–35) from your family Bible. An adapted version of the Scripture story is found on page 48 of your child's Eucharist book.

LEADER: Let us 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 at church, the Easter candle reminds us of the life, Death, and Resurrection of Jesus. The light of the Easter candle reminds us that Jesus is present with us.

LEADER: To celebrate that Jesus is with us, let us pray the prayer Jesus gave us.

ALL: Our Father . . .

LEADER: Jesus gave us the gift of peace. Let us share Christ's peace with one another.

ALL: *Share a sign of peace.*

Closing

LEADER: God, our loving Father,
you have given us the gift of your Son,
Jesus Christ.

Send us the Holy Spirit
to help us share Christ's love and peace
with others.

We ask this through Jesus Christ our Lord.

ALL: Amen.