

With You Always Sacramental programme
Session six

Open me up
for the Session

**PARENTS ARE THE FIRST
AND BEST TEACHERS**

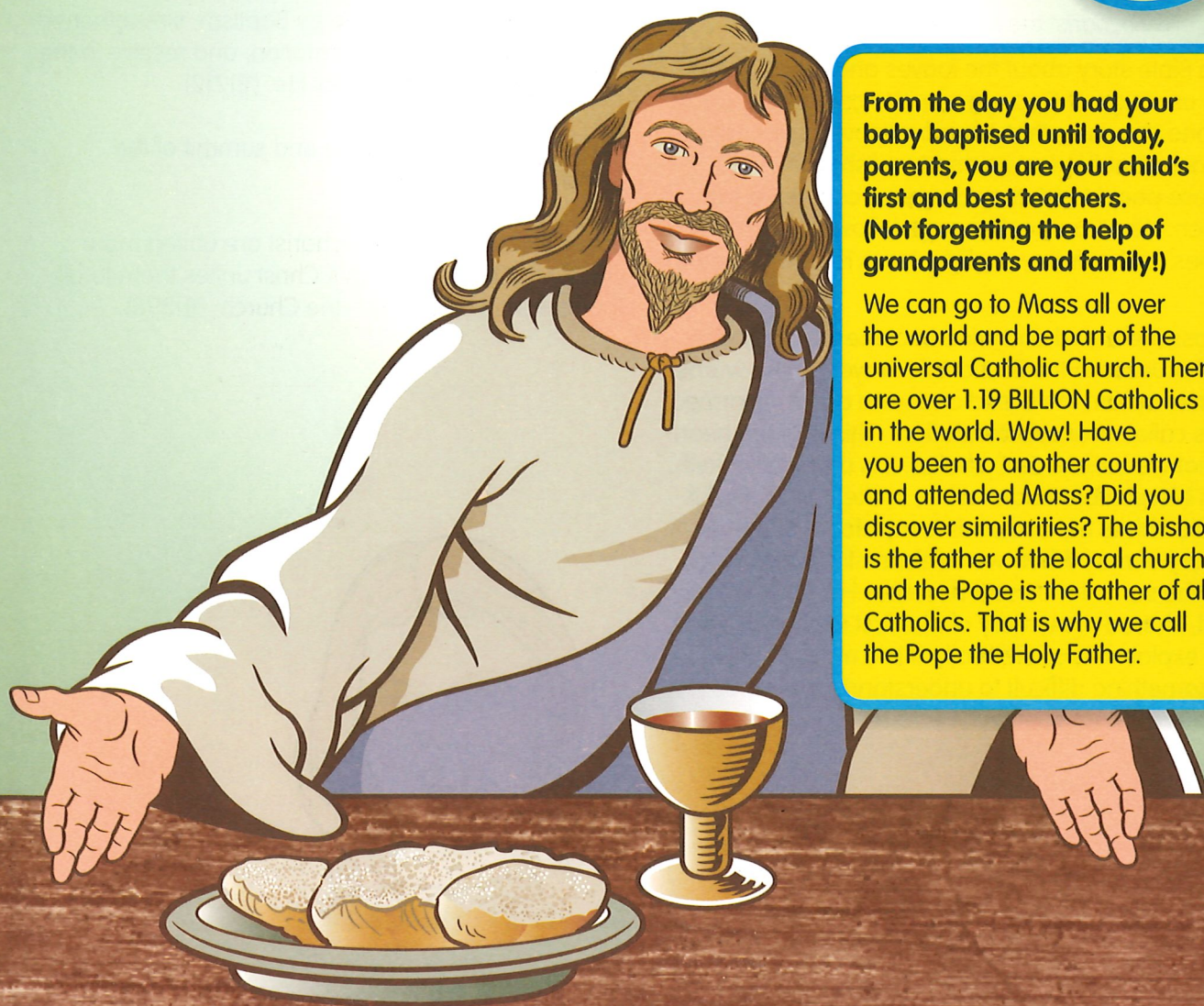
Community/Eucharist

JESUS BRINGS US TOGETHER

**YELLOW
BOXES HAVE
NOTES FOR
PARENTS!**

From the day you had your baby baptised until today, parents, you are your child's first and best teachers. (Not forgetting the help of grandparents and family!)

We can go to Mass all over the world and be part of the universal Catholic Church. There are over 1.19 BILLION Catholics in the world. Wow! Have you been to another country and attended Mass? Did you discover similarities? The bishop is the father of the local church and the Pope is the father of all Catholics. That is why we call the Pope the Holy Father.



FOR PARENTS AND CARERS

COMMUNITY/ EUCHARIST

Tell your child that in the Eucharist the bread and wine become the body and blood of Jesus.

Talk with your child about the Catholic tradition of going to Mass on Sundays and why it is important. Sometimes we have to decide not to do other things so that we can go to Mass. Chat about how you can make attending Mass a priority for your family.

The seasons of Lent and Easter are an important time of the year for Christians. This session we will look at these seasons. 'Easter people' is a phrase used to describe Christians. We want to be people who live in the way Jesus taught us, secure in the knowledge that he died and rose again for us. We celebrate this when we gather in his name.

THE EUCHARIST

The word *Eucharist* means 'thanksgiving'.

In the Bible story about the loaves and fishes, Jesus gives us a sign of God's power. We call this a miracle. This one shows us that Jesus has power over nature. We know that five loaves and two fish won't feed all these people. Yet, they do. Jesus can make this happen. What's more, there are leftovers! The miracle teaches us that from very little Jesus is able to create a lot!

At Mass the bread and wine become the body and blood of Jesus in the Eucharistic Prayer. At the words of **consecration** the bread and wine are transformed. This is called '**transubstantiation**'. This is at the heart of what we believe as Catholics. It is a matter of faith. Jesus blessed bread and wine, broke and shared it. He said 'this is my body, this is my blood, do this in memory of me'. When we celebrate the Mass Jesus does the same for us so it becomes His body and blood, shared in memory of that first Eucharist. Don't try to explain this scientifically. It is a matter of faith and something difficult to understand for all of us – it is about faith not science.

FROM THE BIBLE

Jesus said 'Do this in memory of me'.
(1 Corinthians 11: 24-25)

Jesus said: 'I am the living bread which has come down from heaven. Anyone who eats this bread will live forever... Anyone who does eat my flesh and drink my blood has eternal life and... lives in me, and I in them. (John 6:51, 54, 56)

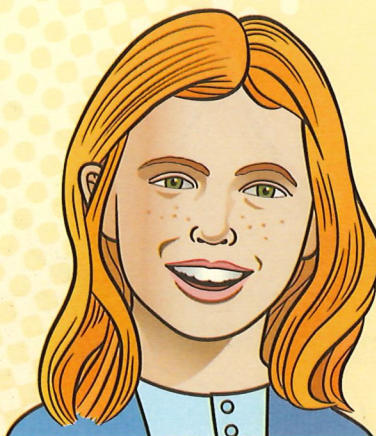
The early Christians in Jerusalem 'devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers... Day by day, attending the temple together and breaking bread in their homes...' (Acts 2:42, 46)

FROM THE CATECHISM

The faithful are born anew by Baptism, strengthened by the sacrament of Confirmation, and receive in the Eucharist the food of eternal life. (¶1212)

The Eucharist is 'the source and summit of the Christian life'. (¶1324)

Those who receive the Eucharist are united more closely to Christ. Through it Christ unites them to all the faithful in one body – the Church. (¶1396)





With You Always Sacramental Programme

Session six

MY FULL NAME IS...

Today we will be looking at how important the Eucharist is in our lives as Catholics.

Jesus brings us together

COMMUNITY/EUCHARIST

BY THE END OF THIS SESSION YOU WILL:

- know that in the Eucharist the bread and wine become the body and blood of Christ
- see that during Lent and Easter we remember the death and resurrection of Jesus

While we pray to God in private or as a family, we also pray together as a Church Community on Sunday at **Mass** because together we are the family of God.

BIBLE READING

from 1 Corinthians 11:23-25



On the night he was betrayed, the Lord Jesus took some bread, gave thanks to God, broke the bread and said, 'This is my body which is for you, do this in memory of me.' Then in the same way he took the cup of wine after supper, gave thanks to God and said, 'This cup is the cup of my blood, whenever you drink it do this in memory of me.'

Celebrating the Eucharist brings us together as Catholics.

- 1 At Mass we thank God and meet our parish community.
- 2 Jesus feeds us with the Word of God and with his body and blood in the Eucharist.
- 3 We remember at Mass that Jesus said '*Do this in memory of me*' (Luke 22:19 and 1 Corinthians 11:24-25).

Jesus brings us together in a special way during Lent — the season before Easter.

At Easter we remember how Jesus gave his life for us and rose from the dead to save us.

We want to be Easter people because Jesus is with us always!

Gathering

JESUS BRINGS US TOGETHER AS CATHOLICS

Talk about the challenges families face when they are trying to get to Mass on time!



Chat in your family group about how you got ready to come here today.

- How did you prepare to be here on time?
- How did you journey here?
- Did anything delay or speed up your trip?

Other communities could be: scouts and guides, sports teams, choir, etc.

OUR COMMUNITIES

We are a part of lots of different communities. Add any others to the empty circles.



We come together today in this community to prepare for Eucharist with our families.

We need to plan to be ready to be somewhere important.

What can you do to help your family attend Mass?

PRAY TOGETHER

God, who knows us and loves us,

You have called each of us by name to come together in love and friendship.

We share our gifts with one another, and comfort one another in our sorrows.

Help us, as your Church, to be a community that is with you for ever and ever.
Amen, Lord,

Help your child understand that there are many Catholics throughout the world. Although we speak different languages and have different customs, we are one Church – this is called the universal Church. 'Catholic' means 'universal'.

Sharing Scripture

JESUS FEEDS A GREAT CROWD

In this story Jesus gives us a sign of God's power. We call this a miracle. This one shows us that Jesus has power over nature.

FILM DIRECTOR

Can you number the Bible story scenes in the right order?


☐
☐
☐

☐
☐
☐

☐
☐
☐

☐
☐
☐

The order should be 2, 4, 3, 1.

Jesus knew the needs of the hungry crowd, just as he knows our needs.

BIBLE STORY: Gospel of Luke 9:12-15

Jesus had been speaking to the crowds all day. As evening drew near his disciples came to him and said, 'Send the people away so that they can go to the nearest villages to find food and shelter for the night, because this is a lonely place'.

Jesus said to them, 'You give them something to eat'.

They answered, 'We have only five loaves and two fishes. Are we to go and buy food for all these people'?

There were about five thousand men there (women and children were also there).

Jesus told the twelve, 'Have the people sit down in groups of about fifty', so off they went and did as he asked.

Jesus took the five loaves and the two fish. He looked up to heaven, and said the blessing, broke the bread and fish and gave them to the disciples to hand out to the crowd. Everyone ate as much as they wanted. The leftovers were gathered up and filled twelve baskets.

The disciples gave all that they had — only five loaves of bread and two fish. Jesus can do so much, even when we offer him little. When we come together for Mass, God gives us his son Jesus to help us every day.

Just as Jesus asks us to share the food, we share with others, especially...

It is important that your child sees the miracle as showing:

- Jesus' power
- That God feeds us in the Eucharist
- That God's gifts are super abundant.

Sharing Tradition

JESUS FEEDS US IN THE EUCHARIST

The night before he died, Jesus called together his friends to share a supper with him — it was his *Last Supper*.

Jesus took bread and wine. He gave thanks, broke the bread and gave it to his friends.

At the *Last Supper* Jesus gave us the Eucharist, the Mass. Jesus told us how to remember him in the Eucharist.

The Last Supper was the first Eucharist. This is how Jesus gave us the Mass we have today. We re-enact this each time we celebrate at Mass.

THE LAST SUPPER

JESUS TOOK BREAD & WINE



JESUS BLESSED IT



JESUS BROKE IT



JESUS GAVE IT

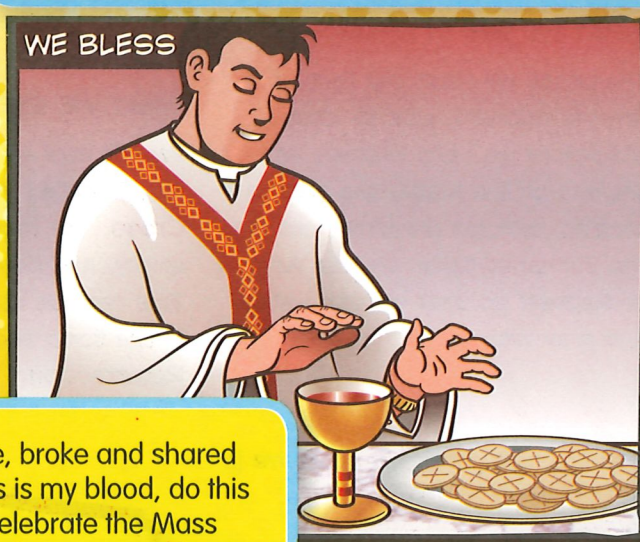
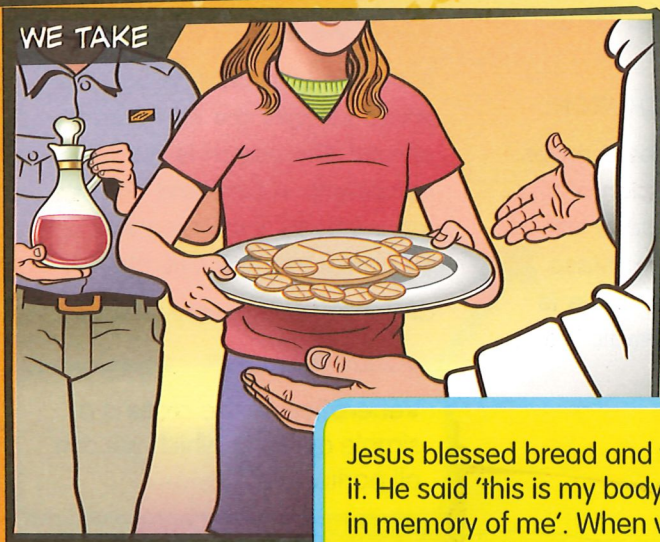


At Mass:

- We present the bread and wine that is *taken* by the priest at the offertory
- During the Eucharistic prayer the priest gives *thanks* to the Father and *blesses* the bread and wine and makes them holy (*consecrated*).
- Through the actions and words of the priest on behalf of the community, and through the power of the Holy Spirit, the bread and wine become the *body and blood of Christ*.
- At the *Lamb of God* prayer the priest *breaks the host*. Then at

At Mass the bread and wine become the body and blood of Jesus in the Eucharistic Prayer. At the words of consecration the bread and wine are transformed. This is called 'transubstantiation'. This is at the heart of what we believe as Catholics. It is a matter of faith.

THE EUCHARIST



Jesus blessed bread and wine, broke and shared it. He said 'this is my body, this is my blood, do this in memory of me'. When we celebrate the Mass in memory of Jesus, Jesus is truly present with us again to nourish, sustain and strengthen us.



JESUS FEEDS US IN THE EUCHARIST. WE THANK GOD FOR BEING PRESENT IN THE EUCHARIST!

Responding

THE TRIDUUM [three days]

This word is Latin meaning 'three days' and it runs from the Mass of the Lord's Supper on the Thursday through to the end of Easter Day.

At the end of Holy Week is the Triduum [Triduum is pronounced tri-doo-um].

This is a most important time for the Church with special services and events that happen only at this time of the year.

Thursday: Mass of the Lord's Supper

On Maundy Thursday, we gather in the evening to remember the **Last Supper** Jesus shared with his friends.

WHAT WE SEE IN CHURCH:

The priest will wash the feet of a few parishioners, just as Jesus did before his Last Supper. At the end of the Mass, the altar is cleared, candles are blown out and the **Eucharist** taken to the 'Altar of Repose' so that we can watch and pray with Jesus.

Find the highlighted words above in the word search below.

Friday: Commemoration of the Lord's Passion

At 3.00 pm on Good Friday we listen to the reading of the **Passion**. We remember how Jesus carried His cross to Calvary and was crucified and died for all people.

WHAT WE SEE IN CHURCH:

We will walk up to kiss a cross. This is called **Veneration** of the **Cross**. The tabernacle is still empty, and there is no Mass. This reminds us that Jesus is in the tomb and we await His Resurrection.

Saturday: Easter Vigil

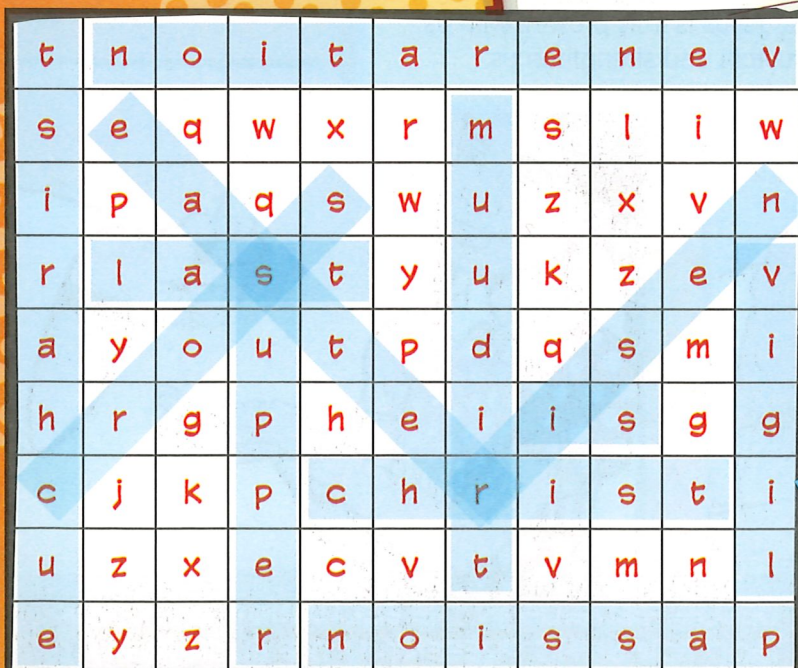
At the **Easter Vigil**, we gather in darkness and remember that Jesus **Christ** is the Light of the World and risen from the dead.

WHAT WE SEE IN CHURCH:

A big fire is lit outside and the priest will light the new Easter candle! The church is filled with candlelight. Adults and children are baptised, confirmed and welcomed into the Church.

Christ is **Risen**! Happy Easter!

Veneration of the cross is a simple action in which we can all participate.



MASS OF THE LORD'S SUPPER

FOOT WASHING AND
LAST SUPPER REMEMBERED

COMMEMORATION OF
THE LORD'S PASSION

Friday

VENERATION OF
THE CROSS

Sunday

CHRIST IS RISEN

Here are the answers for the wordsearch: Easter Vigil; Eucharist; Veneration; Passion; Christ is risen; Last supper; Cross. (Triduum is also hidden in the puzzle.)

Celebrating

JESUS CALLS US TO THE MASS

The catechist will lead the session from this point. Thank you for helping to prepare your child for their First Communion!

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

READ TOGETHER

Matthew 26:26-29

The night before he died, Jesus ate with his disciples in Jerusalem. He took bread, blessed it, broke it and gave it to them. Jesus said 'Take and eat it. This is my body'.

Then he took a cup and gave it to them. 'Drink from this. It is my blood, which is to be poured out for many for the forgiveness of sins.'

- ① We remember the last supper at every Mass.
- ② In the Eucharist, Jesus feeds us just as he fed the many people with the loaves and fishes.
- ③ The Eucharist strengthens us to serve others.
- ④ During Lent, Holy Week and Easter we remember Jesus' sacrifice on the cross and Resurrection in a special way.

JUST LIKE JESUS

During Mass, the priest takes the bread and wine and gives thanks, breaks the bread and gives it to us along with the chalice. The catechist will read the priest's part and you respond.

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.

You say: *Blessed be God forever.*

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.

You say: *Blessed be God forever.*



PRAYER

Thank you, Jesus, for giving me the Eucharist and for all that you have given to me.

Help me to share your gifts with others, so that they too will know that you are with us always.

Amen.

Taking out

PREPARE FOR EUCHARIST

Remember that very soon you will receive First Communion!

- 1 Ask family and friends to pray for you and for all those being baptised, confirmed and receiving First Holy Communion.
- 2 Your parish would love to see your family at any of the Triduum services.
- 3 Why not plan to join your parish over the Easter Triduum?
- 4 Your catechist may have suggestions for additional things you might like to do over the Easter Triduum.

HOLY WATER AT EASTER

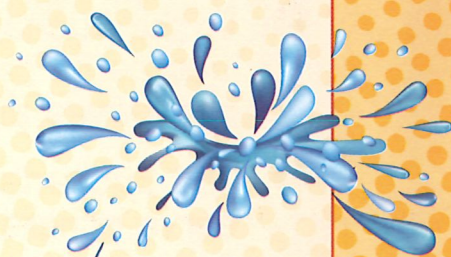
At the Easter Mass, Father sprinkles holy water on us to remind us of our Baptism.

We make the sign of the cross when the holy water splashes us!

Then the priest says:

And may almighty God, the Father of our Lord Jesus Christ, who has given us new birth by water and the Holy Spirit and bestowed on us forgiveness of our sins, keep us by his grace, in Christ Jesus our Lord, for eternal life.

All: Amen



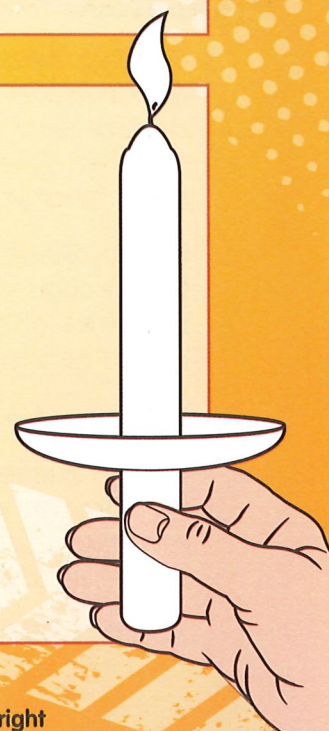
TRIDUUM TIMES

THURSDAY: Mass of the Lord's Supper is at _____

FRIDAY: Commemoration of the Lord's Passion is at _____

SATURDAY: Easter Vigil is at _____

SUNDAY: Masses on Easter Sunday morning are at _____



Nihil Obstat

Rev Mgr Peter Fleetwood
STB PhL

Imprimatur

+ Malcolm McMahon OP
Archbishop of Liverpool
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