

St. Kilian Parish

First Eucharist Handbook for Parents



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Parent Responsibilities for Sacramental Preparation

St. Kilian Parish calls upon parents to help suitably prepare their children for reception of the sacraments. The home is where the faith is developed and lived out. Each parent models to their child what the life of faith looks like. The following will help you to properly assist your child in this time of sacramental preparation.

- Attend Sunday Mass and Holy Days of Obligation with your children.
- Provide proof of Baptism to the parish.
- Attend parent sessions.
- Have your child attend the sacramental Day of Reflection.
- Do home lessons and tasks with your child to foster love and understanding for the Faith.
- Make sure your child attends the regular Religious Education sessions offered by your parish and does any assigned homework, or attends SKS.
- At home, work on memorizing prayers. Explain the meaning of the prayers to your child.
- Have family prayer time together daily.
- Having a Bible and a *Catechism of the Catholic Church*, as well as religious articles such as a crucifix, holy water and sacred images in the home can be helpful.
- Go to Reconciliation on a regular basis. Parents model this by their personal participation in the sacrament. We recommend that once your child has made their First Reconciliation, that your family go back and receive this grace and forgiveness at least several times a year.

The Invitation

Our Hunger for God

We are born with an innate hunger for God. God has created us so that we can live in His divine presence forever. In Holy Communion we experience an intimate divine presence as we are united to God in a special way through His Son, Jesus Christ. This is but a foretaste of the union that will happen in heaven.

The Incarnation

We profess our belief in the Incarnation every Sunday when we recite the creed: “He was incarnate of the Virgin Mary and became man.” Jesus Christ is the “Word that became Flesh” and lived among us in a certain time and place in history. God so loved the world that He sent His only Son to save us from sin and to reconcile us back to Him. Jesus, who is human and divine, shows us the immense love God has for us. He becomes our model of holiness and He makes us “partakers of the divine nature.” (2 Peter 1:4)



The Passion, Death and Resurrection

We remember the passion, death and resurrection of Jesus during the Holy Triduum, which ends the season of Lent. We remember the Last Supper, when Jesus turned the bread into His Body and the wine into His Blood and told the apostles to partake in the holy act. This was no ordinary meal, the apostles were then asked to eat His Body and drink His Blood and to do this in memory of Him. This mystery continued to unfold the next day with the death of Jesus, as He offered Himself up for crucifixion. The third day was the climax of the whole event; Jesus was raised from the dead! Jesus spent 40 days with His apostles teaching them to go out and bring the Gospel message to all people, baptizing them in the name of the Father, of the Son and of the Holy Spirit.

Your child may not completely understand why Jesus had to suffer and die for us, but you can help your child see that it was out of love that He offered to suffer and die for us so that we can be with God in heaven for ever. This was the only way that the gates of heaven could be open for us. This is the greatest act of love there is.

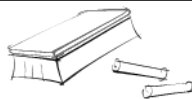
The Sacraments

You heard the Gospel message from someone, perhaps from your own parents, your parish priest or other family or friends; you learned about the importance of Baptism and how this washes away Original Sin, brings the life of the Holy Trinity to dwell within them and brings them into the family of God. You had your child baptized, raised them in the Faith and gave them the Gospel message, just as Jesus asked His disciples to do. Your child then became old enough to discern right from wrong and so you brought your child to the sacrament of Reconciliation. Now, you once again answer the call of a disciple, and with the Church, prepare your child for the sacrament First Eucharist. Your child begins to receive Our Lord in His Body and Blood being transformed by grace into Christ Himself. We can become saints with this much grace freely and lovingly given to us!

Parent
tip

Everyone Loves a Great Story

The greatest story ever told is given to us in its fullness in the Bible. Children need to hear this story adapted to their age level, but as they grow they need to come to understand the fullness of the Salvation Story. So the story is told over and over and goes deeper as the child gets older. We hear the story when we go to Mass and listen to the readings. We see parts of the story depicted in movies and are taught to pray while we imagine parts of the story in our minds. The whole story is what we need to know. So as parents we can begin by teaching the story by a method most used by teachers: the story book. Children love story books and there are many books that retell the Story of Salvation. Some books give more of the story than others, such as more details in the Old Testament. The goal is that your child grows up to know the full story. A Catholic children's picture Bible is a good place to start.



The Sacrament of the Eucharist

What is the Sacrament of the Eucharist?

Jesus gives us the gift of Himself in the Eucharist. Like all the sacraments of the Catholic Church, the Eucharist is an encounter with Jesus Christ. It is the “source and summit” of all sacramental encounters with our Lord. The Eucharist is the Body and Blood, Soul and Divinity of Jesus Christ; it is Christ Himself. St. Alphonsus Liguori said, “Of all the sacraments, the adorable Sacrament of the Altar is the most excellent. The other sacraments contain gifts of God, but the Holy Eucharist contains God himself.” All the sacraments lead up to it and flow out of it. The Eucharist is the central mystery of our faith.

**The Eucharist is the
Body and Blood,
Soul and Divinity
of Jesus Christ;
it is Christ Himself.**
CCC 1324

When did Jesus Institute the Eucharist?

Jesus instituted the Eucharist at the Last Supper. He told His apostles to repeat it in memory of Him. The apostles continued to celebrate the “Breaking of the Bread”, which today we called the Holy Sacrifice of the Mass. St. Paul told his followers, “I received from the Lord what I also delivered to you, that the Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, ‘This is my body, which is for you. Do this in remembrance of me.’ In the same way also the chalice, after supper saying, ‘This chalice is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.’” (1 Cor 11:23-25)

The celebration of the Eucharist is the heart of the Christian unity and peace. It is because of the Eucharist that we are transformed into the Body of Christ, which is the Church.

The Eucharist is made present to us during the Holy Sacrifice of the Mass through the words of the priest who acts in the “Person of Christ” as the bread and wine are transformed into the Body, Blood, Soul and Divinity of Jesus Christ. Every part within the Mass leads up to this climax.

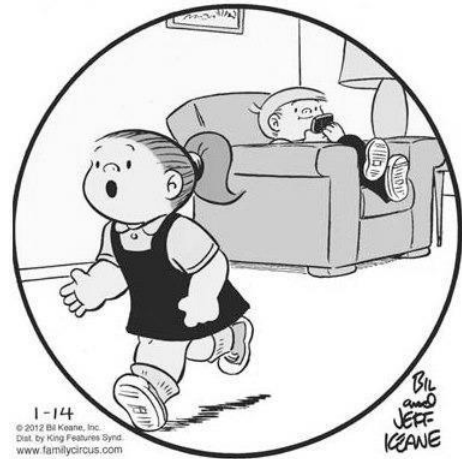
How Can I Help My Child Prepare for the Eucharist?

The most important thing you can do to help your child prepare for the sacrament of Eucharist is to know, love, and receive the sacrament yourself. The whole purpose of Eucharist is for your child to grow in his or her relationship with Jesus Christ. All the sacraments have this as their purpose. You can help by being a good witness to your child. If you have not gone to Mass in a long time, the simplest way to remedy the situation is to start going again (consider going to Reconciliation before receiving Eucharist again). If you don't know exactly what to do, approach a priest and explain the situation. If children see that their parents have a strong connection with their church and take their faith seriously, they will naturally follow.

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The second most important thing you can do to help your child with this sacrament is to take time to talk to them and teach them. Explain in your own words what the sacrament of Eucharist is. Then ask them how they understand the sacrament. Help them to learn the responses at Mass. Practice together. Do a Church tour. Help them memorize prayers to prepare them to receive the Eucharist and make a thanksgiving afterward (samples are given in the resources section).

For more information, read the *Catechism of the Catholic Church* sections which cover the sacrament of Holy Eucharist (CCC 1322-1419).



1-14
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BIL
and
JEFF
KEANE

“Billy says he doesn’t hafta go to church anymore ‘cause his phone has an app for that!”

A Walk Through the Mass

The Holy Mass

We come together as a family to worship God in praise and thanksgiving in the Holy Sacrifice of the Mass. The Mass is the celebration of the Eucharist that Jesus instituted at the Last Super, when He commanded His apostles, "Do this in memory of me." (Lk 22:19) The Mass begins with a brief introduction. After this, we then listen to, reflect on and allow the Word of God to transform us. The culmination of the Mass is the sacrifice of the Cross made present to us in the Eucharist. Finally, we share in these fruits and take them out into the world.

The Introductory Rites

Sign of the Cross

We begin the Mass with the Sign of the Cross. We sign ourselves in the form of the cross invoking the Holy Trinity, Father, Son and the Holy Spirit, to be with us and to bless us. There is also an introductory greeting in which the priest greets the people and the people respond by saying, "And with your Spirit." This response acknowledges the Holy Spirit's work through the priest during the Holy Sacrifice of the Mass.

The Penitential Rite

We prepare for an intimate meeting with God by acknowledging and asking for forgiveness for the times we have offended Him. There are several options to this prayer in the Mass. Sometimes we pray the prayer which begins "I confess". At other times the priest leads us in a shorter formal way of responding as we say, "Lord have mercy" / "Christ have mercy."

Glory to God

The words from the "Glory to God" come from the song of the angels when they announced the Good News of the birth of Jesus Christ to the shepherds in the field, "Glory to God in the highest, and on earth peace among men with whom he is pleased." (Lk 2:14) Have you ever noticed that we do not sing the "Glory to God" during Advent or Lent? This is because the "Glory to God" gives us a sense of the present mystery of the Incarnation and Resurrection each Sunday Mass. During Advent we are in a time of anticipation of Christ to come again and during Lent it is a time of penance.



The Collect

After the "Glory to God" the priest invites us to pray. He "collects" our prayers and prays that all our intentions are joined and offered to the Father in the Mass. This concludes the Introductory Rites.

The Liturgy of the Word

Prior to the people being nourished by the Body of the Lord in the Eucharist they are nourished from the Word of God proclaimed in the Holy Scriptures. During a Sunday Mass we hear two readings, a Psalm, and a reading from one of the Gospels.

Readings

Most Sundays of the year the first reading is from the Old Testament. The exception is after Easter when we read from the Acts of the Apostles. In the Old Testament we hear the story of Israel and how God prepares His people to receive His Son, Jesus Christ. Knowing the stories of the Old Testament helps us to see the unity of the Bible and gives us a clearer understanding of the New Testament.

After we hear the First Reading we respond not by our own words but by the beautiful words which King David sung to God in praise and thanksgiving from the book of Psalms.

The Second Reading comes from the New Testament. This reading reflects on the saving work of Jesus Christ and the meaning it has for our life.

Gospel

The Gospel has a special place because we hear the actual words of Jesus Christ. This is why special reference is made before we hear the words of Christ; we stand, the ambo is revered and we sing "Alleluia", which is a Hebrew expression of joy. The priest or the deacon addresses the people in a dialogue: "Lord be with you," to which we respond "And with your Spirit." The Gospel reading is announced and we trace the sign of the cross on our forehead, lips, and heart as the priest (or deacon) does the same. By this ritual we consecrate our thoughts, words and actions to the Lord asking that His Word be always on our minds, on our lips and in our hearts.

Homily

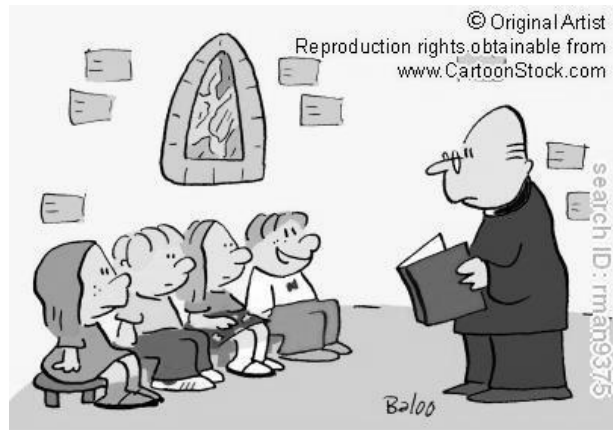
After the proclamation of the Gospel, we sit and listen to the bishop, priest or deacon, as he reflects and teaches us about the readings we just heard and how to live them in our daily lives. The word "homily" means "explanation" in Greek. The successor of the apostles, the bishop, and his collaborators, his priests and deacons, have the responsibility to proclaim the Gospel and to pass on what Jesus has taught.

The Creed

The Creed, a summary statement of our beliefs, is professed.

The Prayer of the Faithful

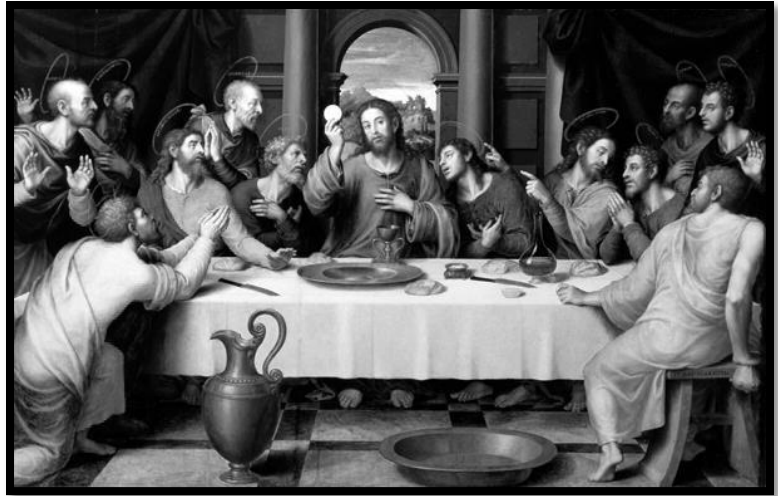
The conclusion of the Liturgy of the Word is the Prayers of the Faithful. Here we ask for intercession for all our needs and the needs of the Church.



"Tell us the story of Moses again
— I like the chase scene!"

The Liturgy of the Eucharist

In this part of the Mass, the sacrifice of Jesus on the cross is made present by the priest. The priest carries out what Jesus did at the Last Supper and what He commanded the apostles to do in His memory. It is during this part of the Mass that the bread and wine are offered, and then consecrated and changed into the Body and Blood of Christ.



The Preparation of the Gifts

In this part of the Mass the gifts of bread and wine are brought forward. Traditionally, the gifts also were meant to symbolize the offerings of the people from the field and were made by hard work and labor. This is why the presentation of the gifts is also representing our giving of ourselves to God as gifts. On our behalf the priest offers the gifts of bread and wine to God.

The Mingling of Water and Wine and the Washing the Hands

As the priest mixes the water and wine, he says, "By the mystery of this water and wine may we come to share in the divinity of Christ, who humbled himself to share in our humanity." This prayer symbolizes the Incarnation: Christ through His divinity (the wine) elevates our humanity (the water).

The Eucharist Prayer

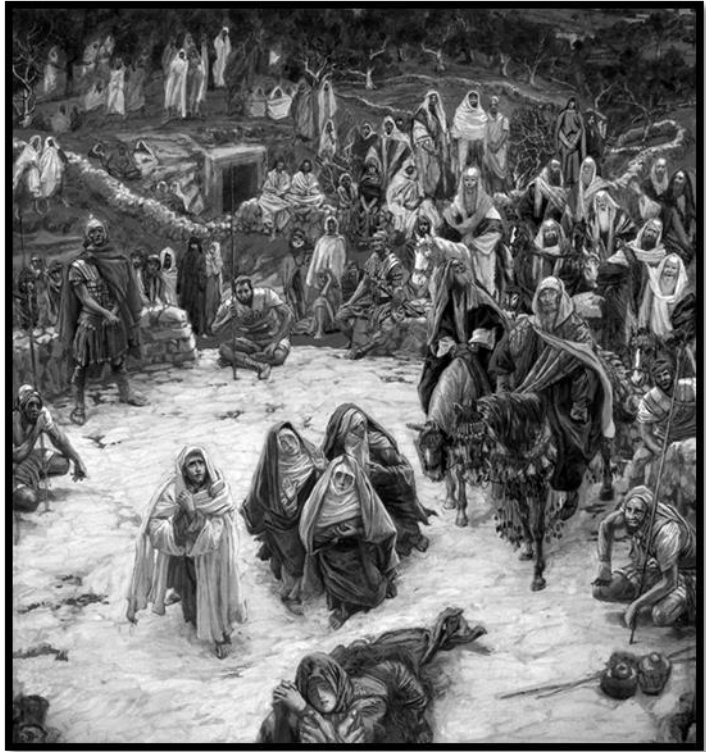
Through this prayer the priest recalls the saving acts of Jesus and asks God's blessing to come down upon us, as the climax of the Holy Mass is about to happen.

Holy, Holy, Holy

The "Holy, Holy, Holy" comes from Isaiah 6:3, when the prophet Isaiah had a vision of angels surrounding the throne of the Lord, adoring Him and singing, "holy, holy, holy." This prayer helps us to see the reality that in the liturgy we are taken spiritually to heaven to adore the Lord, as He is about to be brought down to us in the consecration of the bread and wine.

Consecration of the Bread and Wine

This is the climax of the Mass, when the priest, acting in the person of Christ, changes the bread and wine into the Body and Blood of Jesus Christ. When Jesus said to the apostles at the Last Supper, “Do this in memory of me,” He told them to celebrate the Last Supper as a liturgical memorial. This means that the sacrifice of Jesus is made present to us. So, by this act we are made sacramentally present to the events that happen in the Upper Room and on Calvary. This is why we refer to the Mass as a sacrifice. It unites us more intimately with Jesus and His act of self-giving love for our salvation.



What Jesus saw from the Cross

The Communion Rite

There is a brief preparation for the reception of Holy Communion.

The Lord's Prayer

We start the prayer that Jesus taught us in a very intimate way: we refer to God as “Our Father.” We recall the special relationship we have with God who in a few moments will come to us.

The Sign of Peace

At the Last Supper Jesus said to the apostles, “Peace I leave with you; my peace I give to you.” (Jn 14:27) This peace is a deeper, longer lasting peace than the world can give, rooted in Jesus Christ and placed in our hearts to endure any kind of trial for the sake of the Kingdom of God. In unity and charity we greet one another with this kind of peace, not a worldly peace, not a “good morning” but the peace of Jesus Christ. This symbolic action shows the unity of the Church as the Body of Christ, those visible around us, the souls in purgatory and the saints in heaven.

Lamb of God

The priest breaks the Eucharistic host and in a symbolic action places a small piece in the chalice, expressing the unity of the faithful and their bishop.

While the priest is performing this action, the people are saying or signing the “Lamb of God.” In this prayer we again are taken right up to the throne of God and repeat the words of the angels as they worship the Lamb on the throne (as we read in the book of Revelation). The priest then brings this to mind as he says, “Behold the Lamb of God.”

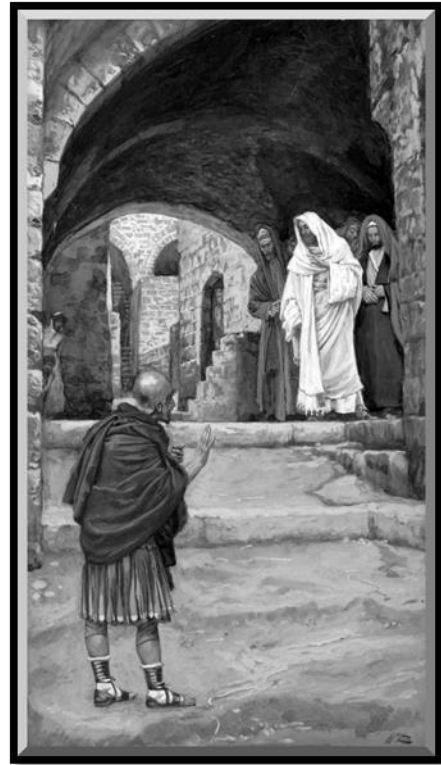
At this point we recognize in all humility that this is pure gift and that we, in our sinful humanity, are not worthy. We repeat the words of the centurion who told Jesus that he was not worthy that Jesus should come under his roof to heal his servant. With great faith he said that he believed that whatever Jesus said would come true. The centurion said, “only say the word and my servant shall be healed.” Jesus praised this man for his faith.

Holy Communion

At this time the faithful are invited to come forward to receive the Body and Blood of the Lord in Holy Communion. This is where Jesus comes to us most intimately.

If a person is not Catholic they should not come forward for Holy Communion until they have been properly prepared and have made a formal commitment to the Church. The same is true for Catholics who have committed mortal sins. Mortal sin offends God, but Jesus has given us a way to make us right again with God through the sacrament of Reconciliation.

After Holy Communion is a time when we pray and reflect on this great gift of intimacy that has just been given to us and how we desire to become more like Jesus.



*“Only say the word and
my servant shall be healed”*

The Blessing and Dismissal

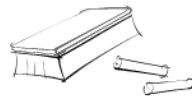
An interesting fact about the dismissal is that this is where the Mass gets its name. The Latin words, "Ite missa est," mean "Go, you are dismissed." The word "missa" really means a "sending forth." You are now given a blessing and are being dismissed to go forth and be a disciple of Jesus. To live the Christian life and bring forth fruit in your life and give to others what has been given to you.

After Mass it is a good time to say a prayer of thanksgiving for all that has just happened in the Mass; which is your salvation.

Parent
tip

On the Way Home from Mass

The drive home from church can be a good time to "quiz" your child about what they saw and heard at Mass. For example, what color was Father wearing? Does the color mean anything? Green means a time of hope (Ordinary time), white is a celebration (the time of Christmas and Easter), and purple is a time of waiting and of penance (during Advent and Lent.) You can also ask if your child remembered anything from the readings or the homily. If you make this a family tradition, your child will begin to have a deeper understanding of what is going on at Mass and will likely be more attentive.



Receiving Holy Communion

Stay United to Jesus in the Eucharist

The Eucharist truly is the “source and summit” of the Christian life. As such, your child’s First Eucharist represents an important event in his or her life. If you want great things for your child, you will want them to be united to the Eucharist their whole life; for if they are united to the Eucharist, they will do great things. Look, for example, at the life of Saint Teresa of Calcutta, known during her life as Mother Teresa. One cannot consider all the good works she accomplished without taking into account the fact that her day, from beginning to the end, was centered on the Eucharist. The same can be said for all the saints. Your child may or may not accomplish great works that everybody can see and appreciate like those of Saint Teresa, but a child in love with God can become great in that he or she loves as Jesus loves. What’s more, they will be on their way to heaven.

**If you want great things
for your child,
you will want them
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to the Eucharist
their whole life.**

Requirements for Reception

To receive the Eucharist, we must prepare ourselves by examining our conscience. Anyone conscience of grave sin must receive the sacrament of Reconciliation before going to Holy Communion. We must also observe a one-hour fast before receiving Holy Communion (we cannot eat or drink anything other than water).

How to Receive the Eucharist

As you approach for Holy Communion, make a sign of reverence to the Eucharist. It is a universal norm that the faithful are to make a simple bow with the head. This is usually done when there is one person ahead of you in the Communion line. The Church has approved two ways for receiving the Eucharist, on the tongue or in the hand. Be sure to practice both ways with your child. When receiving on the tongue,

**“Of all the sacraments,
the adorable
Sacrament of the Altar
is the most excellent.
The other sacraments
contain gifts of God,
but the Holy Eucharist
contains God himself.”
- St. Alphonsus Liguori**

make sure you open your mouth wide and the tongue is extended out. When receiving on the hand, place one hand over the other. After the host is placed on your top hand, pick up the host reverently with the bottom hand and place it in your mouth. Be sure your hands are washed and clean.

Furthermore, what you wear to Mass (appropriate attire) needs to reflect the honor and respect due to Jesus in the Eucharist.

Activities & Resources

**The following resource pages
are some ways of helping you
teach your child about the
Sacrament of the Eucharist.**

Prayers for Second Grade

Here are some of the prayers parents should help their child to learn.

Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Our Father

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. Amen.

Hail Mary

Hail Mary, full of grace! the Lord is with thee; blessed are thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Glory Be

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy. Amen

Prayer before the Eucharist

O my God, I firmly believe that you are truly present in the Holy Eucharist. I confess that I am a poor sinner and am not worthy to receive you. But you just say a word and my soul shall be healed, and then I can receive you into my soul.

Prayer after the Eucharist

Lord Jesus, I believe that I have received your Body and Blood. I adore you. I praise you. I thank you. I love you. Thank you for giving yourself to me. Now I give myself to you, every part of my body that I may always love and live for you.

Prayer to St. Michael, the Archangel

Saint Michael, the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O prince of the heavenly host, by the power of God, cast into hell Satan and the other evil spirits who prowl about the world seeking the ruin of souls.

Grace Before Meals

Bless us, O Lord, and these thy gifts which we are about to receive from thy bounty, through Christ our Lord. Amen.

Grace After Meals

We give You thanks, almighty God, for all Your benefits. Who lives and reigns now and forever. May the souls of the faithful departed, through the mercy of God rest in peace. Amen

Talking to your Children: Why Do We Have to Go to Mass?

For many parents, this question will be asked by their children more times than they can count. For a time, parents may answer, "Because I said so" but eventually children will need better reasons. When the time comes, the following article written to teenagers, may be helpful in answering the question: why do we have to go to Mass?

For many teens the reason for going to Mass is simple - because parents make us go! (That's OK, they make us do lots of things that we may not want to do - but that are good for us!) But why SHOULD we go to Mass? It's important to remember that we are NOT going there to be entertained! Mass is something WE PARTICIPATE in. Most of our complaints about Mass come from the fact that we don't UNDERSTAND why we are there or what's going on during the mass. So why should we go? TOP 10 reasons to go to Mass:

1. The Eucharist. The Body, Blood, Soul and Divinity of Jesus Christ is available to us! It is the pinnacle of our life as Christians. What better way to follow Jesus than to receive Him in the Eucharist! Sometimes the teaching on the Eucharist is hard for us to understand. It was hard for His followers too - read John 6. If you have trouble with your belief in the True Presence of Jesus in the Eucharist - PRAY! He will help you.

2. Grace. Grace is like Gatorade for the soul. Grace is God's life and God's help given to us to live a better life in Him. We receive grace through the sacraments. Mass is loaded with grace - ready for us to receive. The more open we are to it - by actively participating, the better!

3. The Third Commandment. Keep holy the Sabbath. Simple words, simple meaning. "So God blessed the seventh day and hallowed it; because on it God rested from all his work." (Genesis 2:2) We, too, must keep it a special and holy day. The church teaches that Mass is the most important way to do just that. It is not just a good idea - it is our obligation as People of God. Remember the words of Jesus - "If you love me you will keep my commandments" John 15:15. For Christians the Sabbath is now the first day of the week, Sunday, because it was on Sunday that our Lord rose. We start the week with a day totally devoted to our God. Liturgy Rocks!

4. Community. We are the Church, the Family of God. God's people are not in this world to struggle along by themselves. We are all one in the Body of Christ. At Mass we join with Him in a special way. We join with those around us. It is a time to be with others for prayer and friendship. It is a mystical connecting with all our brothers and sisters around the world, in heaven and purgatory. Through Christ we become a community unlike any we know on earth. It is a glimmer of what heaven will be like.

5. Prayer. The Mass is the ultimate prayer. There is singing, psalms, prayers of thanksgiving, prayers seeking forgiveness, prayers of worship and praise, the Lord's

prayer and more. We pray as individuals and as a group. If you struggle with going to Mass - think of it from this perspective. The words we say are more than just a reply to the priest's words - they are prayer! Read them, say them, sing them, shout them, BELIEVE THEM!

6. The Bible. Every time Mass is celebrated we hear the Word of God. We hear from the Old Testament. It sets the stage for the Gospel reading. We hear from the New Testament - perhaps a letter from Paul or the Acts of the Apostles. In the Gospel we learn about Jesus from Matthew, Mark, Luke or John. Sometimes the readings are familiar, sometimes not. You hear more scripture at a Catholic Mass than at any other type of Sunday service! If you don't read the Bible on your own - here is a chance to hear it proclaimed. If you do read the Bible on your own, Mass is a time to get a better understanding of what you are reading. Jesus never said anything about go and write the Gospel for the world, he said go and PROCLAIM the Gospel. So we do.

7. The Our Father. One of the highlights of Mass is The Lord's Prayer. We use the words Jesus gave us and pray together as a family. Remember - it is the "Our" Father, not the "My" Father. Jesus wants us to pray together! The Our Father is the perfect prayer - we give praise to God, we ask that our lives be lived His way instead of our way, we ask for His continued presence in our lives, we ask for His forgiveness, and we pray for His strength in the battle against evil. It's all there. Pray it! Mean it!

8. Making time with God. If nothing else, ask yourself if you have at least one hour a week to set aside for God. Think of that. Imagine Jesus hanging on the cross, dying for YOU - and all He asks is that you join Him on Sunday for an hour or so, "Do this in remembrance of Me" (Luke 22:19) Can you do it? Yes. The question is - will you do it, for Him?

9. Suffering souls in purgatory. The souls in purgatory need our prayers. Special intentions are offered at Mass for those who have died - both as a group and individually. It is important not to assume that anyone who died is automatically in heaven - we must pray for them! And the cool part is those who are in purgatory can't pray for themselves but can pray for us.

10. It's what Jesus wants us to do. Period.

Once you figure out what Sunday Mass is all about then ask yourself this question. Self, am I the type of person to always do the bare minimum? Do I only show up for the game, or do I spend time practicing? Do I only practice the piano when I have to? If you want to really be good at anything, the bare minimum is never enough. Being a Christian is no different. Try going beyond the minimum with Mass. Find a weekday Mass you can attend even one day a week. What an awesome way to say to God, I am not just trying to squeak into heaven. I want to get as much of You as I can as often as I can.

SOURCE: <http://www.catholicyouth.org/index.html>

Parent / Child Sample Discussion Questions for the Holy Eucharist

DIRECTIONS: Parents lead a discussion with your child to talk about the sacrament of Eucharist.

1. What is the sacrament of the Holy Eucharist?

- It is Jesus' Body and Blood.
- It is the memorial of Jesus' sacrifice of Himself for the forgiveness of our sins and His Resurrection.
- It is our prayer of thanksgiving to the Father.
- It is a sacred meal.

2. When does Jesus become present in the Holy Eucharist?

Jesus becomes present at the consecration in the Mass, when the priests says the words, "This is my body ... This is my blood."

3. Do you receive Jesus Christ in the Holy Eucharist? Yes.

4. Do you see Jesus Christ in the Holy Eucharist?

No, because He appears as bread and wine.

5. What sacraments do I receive before receiving the Holy Eucharist for the first time? Baptism and Reconciliation.

6. What happened when I received Baptism?

Original Sin and all my sins and their punishments were washed away. Then, the Holy Spirit came to live inside me and I became a Child of God. Baptism left an indelible mark on my soul.

7. What is an indelible mark?

An indelible mark can never, ever, ever be removed.

8. What happens in the sacrament of Reconciliation?

Reconciliation is the way Jesus has given to me to start over. In Reconciliation my sins that I commit after I am baptized are forgiven.

9. What must I do to receive Holy Eucharist?

1. Be in the state of grace. Have no serious sin on my soul.
2. Fast one hour, except from water or medicine.

10. What do I do if I have a serious sin on my soul?

I should go to the sacrament of Reconciliation before going to receive Communion.

11. What should I do before Holy Eucharist?

- Think of Jesus.
- Pray.
- Ask Jesus to come to me.

12. How should I receive Holy Eucharist?

Receive Jesus either on your hands or on your tongue. You get to decide how you will receive. Both ways are acceptable and approved in the Church.

13. What should I do after receiving Holy Eucharist?

- Thank Jesus for coming.
- Tell Jesus how much I love Him.
- Ask Jesus to help me.
- Pray for others.
- After Mass, I must be a witness of Jesus to others in my daily life.

14. Why does Jesus come to us in the Eucharist?

Jesus comes to us to help us be a Child of God and to be with us.

15. How often must I go to Mass?

Every Sunday and every holy day of obligation.

16. How often can I go to Mass and receive the Holy Eucharist?

I can go to Mass every day and receive the Holy Eucharist every day.

17. Who did Jesus give the power to change ordinary bread and wine into His Body and His Blood?

The Twelve Apostles and their successors, the bishops and the priests they ordain.

18. When did Jesus give them this power?

At the Last Supper on Holy Thursday.

19. How do bishops and priests get this power from Jesus?

Through the Sacrament of Holy Orders.

20. What is the tabernacle?

The holy place that the consecrated hosts are kept in between Masses.

21. Does every Catholic Church have a tabernacle?

Yes. It may be located near the altar, or in a separate chapel.

22. What should we do when we see the tabernacle?

Make the Sign of the Cross and bow or genuflect (go down on bended right knee).

23. Why do we bow or genuflect when we see the tabernacle?

Because Jesus is really present and He is our Savior and Lord. Bowing (or Genuflecting) is a sign of our reverence. This is one way we show Jesus our love.

Sacred Vestments and Vessels You See at Mass!

Sacred Vestments

Alb: A long, white linen garment reaching to the feet.

Cincture: Cord tied around the waist like a belt.

Stole: Long scarf-like garment worn behind the neck and draped over the shoulders. A sign of priestly office, worn in the celebration of the sacraments.

Chasuble: The cape-like outer vestment put on over the others. This is worn by the presider at the Eucharist. There are different colors which match the Liturgical season or special day.

- 1) purple – Lent and Advent;
- 2) rose – 3rd Sunday of Advent, 4th Sunday of Lent
- 3) red – Good Friday, Pentecost, Confirmation, feasts of Holy Spirit, martyrs;
- 4) white – solemnities (like Christmas and Easter), weddings, baptisms, etc.;
- 5) green – ordinary time.

Amice

A white square linen worn over the neck and shoulders under the alb; used to cover the shoulders.

Dalmatic

A sleeved outer garment that looks very similar to a chasuble but is worn by a deacon. A bishop may wear a dalmatic under a chasuble during solemn Masses.

Cassock

A full length black robe worn by boys or men who serve at the altar; also worn by bishops and priests in celebrations outside of Mass. The pope's cassock is white.

Cope

A long cloak that hooks at the front by the neck, worn on solemn occasions outside of Mass.

Humeral veil

A wide long garment that is worn over the shoulders and covers the hands when carrying sacred vessels or the Blessed Sacrament.



Priest in
alb



Priest adjusts
cincture



Priest with
the stole



Priest in
chasuble

Sacred Vessels and Linens

Chalice: Cup of precious metal (inside usually is gold) that holds the wine consecrated at Mass.

Ciborium: It is made of precious metal and contains the hosts consecrated for distribution to the Faithful in Holy Communion. Looks like a chalice with a cover.

Purificator: A small linen cloth used by the priest to dry his fingers and the chalice.

Paten: A small plate of precious metal that holds the large host that the priest uses until Offertory.

Pall: A small square of stiffened linen, or of cardboard covered with linen, used to cover the chalice to prevent dust or other matter from falling into it.

Chalice Veil: A cloth covering, of the same color as the Chasuble that conceals the chalice and paten up to the Offertory and after Communion.

Corporal: The linen cloth spread by the priest on the altar at the beginning of Mass. The chalice and host rest upon this cloth.

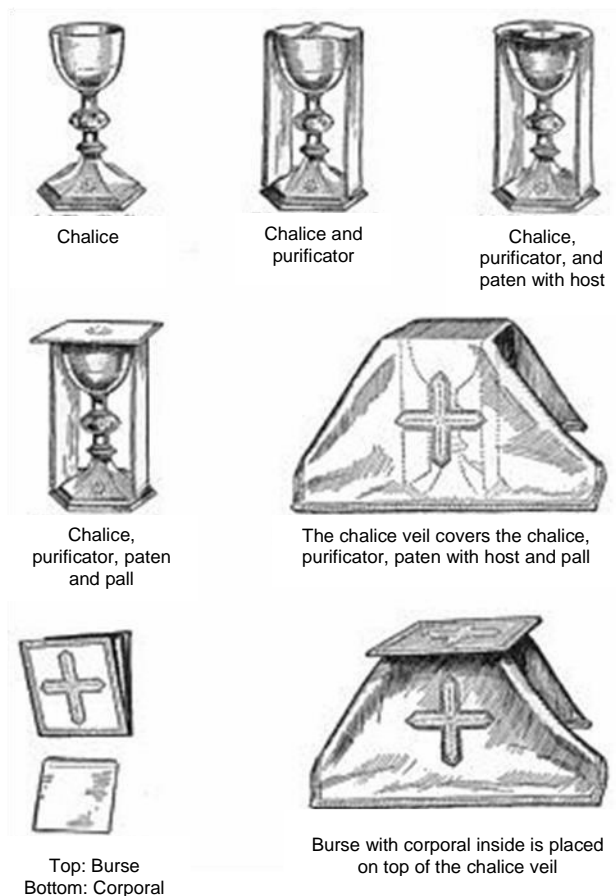
Burse: Square container for the corporal when the latter is not in use. It is made of the same material and color as the vestments.

Cruet: Small glass vessel; one is filled with water and the other with wine.

Lavabo bowl and towel: Bowl that catches the water after the priest washes his hands at the Offertory. The priest wipes his hands on the towel.

Wine: Made from grapes, can be either red or white wine.

Bread/Hosts: Must be made with wheat with no additives.



Playing “St. Simon Says” with your Child for Mass Responses

OBJECTIVE: Assist children in memorizing actions and responses used at Mass.

DIRECTIONS: This game is played like “Simon Says” except we call it “St. Simon Says”. Begin with an explanation of who St. Simon is. Simon is the name for Peter, the rock upon which Jesus built His Church. Simon Peter is the head of the Twelve Apostles and the first Pope. Next, review the gestures and responses below so everyone knows how to do the correct response. Finally, begin the game by saying “St. Simon says....” and then chose one of the gestures or responses from below.

Possible gestures:

1. ... make the Sign of the Cross
2. ... bow or genuflect
3. ... kneel
4. ... stand
5. ... sit
6. ... scooch over in your pew
7. ... dip your hand in Holy Water

Possible responses:

1. ... “The Lord be with you”, and children should say, “And with your Spirit.”
2. ... “Lord have mercy”, and children should say, “Lord, have mercy”
“Christ, have mercy”, and children should say, “Christ, have mercy”
3. ... “The Word of the Lord”, and children should say, “Thanks be to God.”
4. ... “The Gospel of the Lord,” and the children should say, “Praise to you Lord Jesus Christ.”
5. ... “We pray to the Lord,” and the children say, “Lord hear our prayer.”
6. ... “Pray, brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father”, and the children should say, “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.”
7. ... “Let us proclaim the mystery of faith,” and the children should say, “We proclaim your Death, O Lord, and profess your Resurrection until you come again”, or other approved words.
8. ... “The peace of the Lord be with you always,” and the children should say, “And with your Spirit.”
9. ... Returning to your pew after receiving the Eucharist.
10. ... “Go forth, the Mass is ended,” and the children say, “Thanks be to God”

Possible combination gestures and responses:

1. ... “The Lord be with you”, and children should say, “And with your Spirit.”
“A reading from the Gospel according to **Matthew**†,” and children should respond “Glory be to you, O Lord” and make the three crosses (on their forehead, lips and heart)
2. ... “The Lord be with you”, and children should say, “And with your Spirit.”
“Lift up your hearts,” and the children should say, “We lift them up to the Lord.”
“Let us give thanks to the Lord our God,” and the children should say, “It is right and just.”
3. ... “The Body of Christ”, and the children say “Amen” and pretend to receive on either their tongue or hand.

† “Matthew” may be replaced with “Luke”, “Mark” or “John”.

The Sacrament of the Eucharist and Sunday Obligation in the *Catechism of the Catholic Church*

The *Catechism of the Catholic Church* is a great gift to help us gain a deeper knowledge of the teachings of the Faith. The following sections can give you a greater understanding of the Sacraments of the Eucharist and the Sunday Obligation.

The Sacrament of the Eucharist	Paragraph Numbers
The Sacrament of the Eucharist	1322-1323
I. The Eucharist – Source and Summit of Ecclesial Life.....	1324-1327
II. What is This Sacrament Called?.....	1328-1332
III. The Eucharist in the Economy of Salvation	
The signs of bread and wine.....	1333-1336
The institution of the Eucharist.....	1337-1340
“Do this in memory of me”	1341-1344
IV. The Liturgical Celebration of the Eucharist	
The Mass of all ages.....	1345-1347
The movement of the celebration	1348-1355
V. The Sacramental Sacrifice: Thanksgiving, Memorial, Presence.....	1356-1358
Thanksgiving and praise to the Father.....	1359-1361
The sacrificial memorial of Christ and of his Body, the Church	1362-1372
The presence of Christ by the power of his word and the Holy Spirit	1373-1381
VI. The Paschal Banquet	1382-1383
“Take this and eat it, all of you”: communion	1384-1390
The fruits of Holy Communion	1391-1401
VII. The Eucharist – “Pledge of the Glory to Come”	1402-1405
In Brief (summary)	1406-1421
The Lord’s Day and the Sunday Obligation	Paragraph Numbers
The Lord’s Day	2174-2176
The Sunday Eucharist	2177-2179
The Sunday Obligation	2180-2183
In Brief (summary)	2189-2195