

*Faith  
First*



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PREPARING  
FOR **FIRST**  
**EUCCHARIST**

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**Using Faith First Grade 3**

# PREPARING FOR FIRST EUCCHARIST

## Using Faith First Grade 3

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# How to Use This Booklet

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The immediate preparation for First Eucharist is a grace-filled time. *Preparing for First Eucharist* will guide you through the steps to use **Faith First**® Grade 3 to prepare children for receiving Eucharist for the first time.

This *Preparing for First Eucharist* booklet has been written to be used in conjunction with the **Faith First** Grade 3 teacher and catechist guides. It will direct you to use the Grade 3 Catechist Guide (CG) used in the parish program and the Grade 3 Teacher Guide (TG) used in a school program.

There are five chapters in the child's text that can be used in the immediate preparation for First Eucharist. These chapters provide the children with a review of the Church's teachings on God, faith, Scripture, community, and the liturgical life of the Church. These chapters are essential for a clear understanding of the celebration of Eucharist.

Chapter 1 should be taught at the very beginning of the year as it lays a strong faith foundation for the children by presenting to them the concepts of the Holy Trinity, the Creed, Sacred Scripture and the Church community. This chapter could be reviewed prior to the immediate preparation for First Eucharist. Chapters 7, 8, 11 and 16 should be taught immediately prior to First Eucharist. Chapters 7, 8, and 11 review the concepts of God, faith, Church, worshiping community, and the sacraments. Chapter 16 is divided into two parts. Part 1 focuses the children on why we as Catholics celebrate the Eucharist, the Introductory Rites, and the Liturgy of the Word. The focus of Part 2 is on the Liturgy of the Eucharist and the Concluding Rite. Presenting the chapters in this order provides the children with sound catechesis for sacramental preparation, prepares the children with a fuller understanding of Eucharist, and invites them into full communion with their parish family by sharing in the Eucharist.

*Preparing for First Eucharist* is simple, clear, and easy to use. It consists of a two-page spread for presenting each of the five chapters that are used for the immediate preparation of the children for First Eucharist. There are also seven parent letters that are designed to be photocopied and sent home with each child. The first letter introduces the program to the parents. The remaining letters correspond to each of the five chapters. The booklet closes with ideas for a spiritual retreat which can be held prior to the reception of First Eucharist.

On the first page of each lesson plan, you will find a brief explanation that places the chapter in the context of immediate preparation for First Eucharist. Specific objectives are named. These objectives will help you focus on teaching the chapter to the children. There is also a list of additional resources, along with practical suggestions, that you might want to use to help the children prepare for First Eucharist. The opening page of each lesson also contains a blessing for the children, which we encourage you to pray as you close each of the lessons.

The second page of the lesson plan is a step-by-step process for teaching the lesson. This page clearly identifies the parts of the regular **Faith First** Grade 3 Teacher Guide or Catechist Guide that you should use. This page also contains additional information not found in the guides.

## Using Chapter 1: God Speaks to Us



*What a special time in the lives of your third grade students as they begin to prepare to celebrate the sacrament of Eucharist for the first time. Chapter 1 lays the foundation for your student's faith journey by reviewing the basic teachings of the Catholic Church: the Holy Trinity, the Creed, Sacred Scripture, and the Church community. Remind the children of the mystery of the Holy Trinity and that it is Jesus, God the Son, who comes to nourish us in the Eucharist. We express our belief in the Holy Trinity when we say the Nicene Creed at Mass and when we make the Sign of the Cross. Sacred Scripture is important because God speaks to us through Sacred Scripture. We became members of God's community, the Church, when we were baptized. Now the children will be invited to join the other members of their Church community to gather around God's table to receive Jesus in the Eucharist.*

### *Blessing for the Children*



*Jesus Christ, Bread for Life,  
be with these children  
as the day they will receive  
First Eucharist draws closer.  
May their excitement become an  
eagerness to learn more about you  
and your holy sacrament.  
Amen.*

### **Objectives for First Eucharist Preparation**

- State what we believe about God in the Nicene Creed.
- Explain that God revealed himself through Sacred Scripture.
- Identify the New Testament as teaching the story of Jesus.
- Explain how Jesus calls us to be members of his community, the Church.

### **Additional Resources**

- Grade 3, **Faith First** Video, segment 1
- **Faith First** Interactive Calendar for Eucharist
- Parent Letter, found on page 16 of this booklet
- Grade 3, **Faith First Additional Activities Book**, pages 1 and 1a
- Books to read:
  - The Bee Tree* by Patricia Polacco. New York, NY: Philomel Books. God's word is sweeter than honey.

### **Getting Ready for First Eucharist**

- As the children's catechist and teacher, it is important that you check that the children have been baptized by verifying their baptismal certificates. The parish or school secretary may be able to help you with this.
- Communicate to the children's parents the date for the celebration of First Eucharist, specific times and dates for meetings, practices, day of prayer, and all pertinent sacrament information.

## Begin the lesson ...

### Guide Page 49 Student Page 9

- In CG and TG use **EXPLORE**, **PRAY**, and **DISCOVER**

### Guide Page 50 Student Page 10

- In CG and TG use **INTRODUCE** and **EXPLORE**
- Discuss with children the meaning of the words *holy* and *trinity*. Based on the discussion have the children define the term *Holy Trinity*.
- Explain that the Holy Trinity is a mystery of our faith which cannot be fully understood.
- Discuss with the children the role of each Person within the Trinity.
- Invite the children to share what they believe their special relation will be this year with Jesus Christ, God the Son
- In TG use **INVOLVE**.

### Guide Page 51 Student Page 11

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- On the board write the phrases *God the Father*, *Son of God*, and *Holy Spirit*. Review the Nicene Creed found on page 323. Ask the children to name other parts of the Nicene Creed. List these on the board.
- Explain to the children that when they pray the Creed at Mass each Sunday, they are making a profession of faith. They are saying what they believe as Catholic Christians.
- In TG use **CLOSE**.

### Guide Page 52 Student Page 12

- In CG use **FOCUS** and **INVOLVE**.
- In TG use **INTRODUCE**, **SHARE**, and **INVOLVE**.

- Discuss what it means when we say that God is all good and God is everlasting.
- Explain to the children that Scripture is important because it is God's word to us. Ask: Why is it important to listen to Scripture when it is read to us?
- Discuss what it means to really listen. Have the children name what will help them be good listeners at Mass, such as sitting quietly, paying attention to the priest or reader, thinking about what is being read or said, and so on.

### Guide Page 53 Student Page 13

- In CG and TG use **SUMMARY** and **INTEGRATE**
- Encourage the children to briefly share their favorite New Testament story about Jesus.
- Explain that Jesus is present with us in a special way when the Bible is read to us at Mass.
- In TG use **PRAY**.

### Guide Page 54 Student Page 14

- In CG use **FOCUS** and **INVOLVE**.
- In TG use **INTRODUCE**, **SHARE**, and **INVOLVE**. Tell the children that Jesus chose twelve men to be his followers and leaders of the Church. We call these men the apostles. There were also many other men and women who were followers of Jesus.
- Explain the relationship of the breaking of bread to the Eucharist.

### Guide Page 55 Student Page 15

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- Discuss the meaning to the word *Christian* with the children.
- Ask the children to name any people in the parish who do Jesus' work.
- TG use **PRAY**.

### Guide Page 56 Student Page 16

- In CG and TG use **HIGHLIGHT** and **SHARE**
- In TG use **INVOLVE**.

### Guide Page 57 Student Page 17

- In CG use **RESPOND** and **DECIDE**.
- In TG use **RESPOND**, **CHOOSE**, and **CLOSE**.

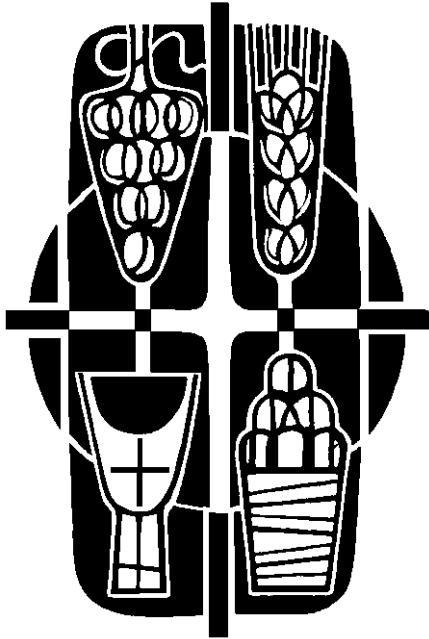
### Guide Page 58 Student Page 18

- In CG and TG use **REINFORCE** and **CELEBRATE**.

## Conclude the lesson ...

- Give each child a slip of paper that contains the statement "I am a follower of Jesus" and a line under the statement for the students to write their names.
- Have the students write their names on the paper given to them. Collect the slips of paper and put them into a basket.
- Extend your hand over the basket and pray the "Blessing for the Children" found on page 2.
- Have each child come forward and choose one slip of paper from the basket. Explain to the children that they are choosing prayer partners for whom they are to pray every day as they journey this year toward First Eucharist.
- Tell the children that you will be praying for each one of them.

## Using Chapter 7: The Holy Spirit—A Scripture Story



*Chapter 7 deepens the children's faith in the Holy Spirit. At the Last Supper Jesus gave his followers the Eucharist and promised the Holy Spirit would come to them and always be with them to help them continue his work. Point out that Jesus gave these special gifts because he loves us. Help the children appreciate that giving gifts is a special way of showing others that we love them. We present gifts of bread and wine every time we celebrate Mass. The priest prays over these gifts of bread and wine and asks God the Father to send down the Holy Spirit to make our gifts holy. Our gifts of bread and wine become God's gift to us, the Body and Blood of Jesus.*

### Objectives for First Eucharist Preparation

- Explain the two special gifts that Jesus gave his followers at the Last Supper.
- Identify the gifts of the Holy Spirit and describe ways these gifts help Jesus' followers build the Church.
- Understand that through the power of the Holy Spirit the gifts of bread and wine become the Body and Blood of Jesus.

### Additional Resources

- Grade 5, **Faith First** video, segment 2
- **Faith First** Interactive Calendar for Eucharist
- Parent Letter, found on page 17 of this booklet
- Grade 3, **Faith First Additional Activities Book**, pages 7 and 7a
- Books to read:
  - *Badger's Bring Something Party* by Hiawyn Oram. New York, NY: Lothrop, Lee and Shepard Books. Come to the banquet, and bring your best self.

### Getting Ready for First Eucharist

- Take the children for a tour of the sacristy. Show them a chalice, the unconsecrated eucharistic bread and wine, and a ciborium. Let the children touch and hold these objects. Tell the children that these are the same objects that will be brought to the altar during the procession of the gifts. If possible, take the children into the church and show them the tabernacle. Point out the sanctuary light near the tabernacle. Explain to the children that when the light is lit, the Blessed Sacrament is present in the tabernacle. Jesus is present with us.
- If possible, let the children sit quietly in church for a few minutes. Invite the children to ask the Holy Spirit to help them prepare for First Eucharist.

### Blessing for the Children



*Jesus Christ, Bread of Life,*

*be with these children*

*as they learn of the great love*

*you have for all people.*

*Help the children truly believe*

*that the gift you offer*

*to them, the Eucharist,*

*is your Body and Blood.*

*Amen.*

## Begin the lesson . . .

### Guide Page 133

Student Page 69

In CG and TG use **PRAY** and **DISCOVER**.

### Guide Page 134

Student Page 70

- In CG and TG use **INTRODUCE** and **EXPLORE**.
- Call on volunteers to share why they feel it is important to keep promises. Ask: How does it feel when someone keeps their promise to you? How does it feel when someone breaks their promise?
- Review the vocabulary word and the signs and symbols for the Holy Spirit.
- Discuss what Jesus did at the Last Supper. Emphasize the gift of the Eucharist and the promise of the Spirit.
- Explain that Jesus gave his disciples his own Body and Blood at the Last Supper. Jesus told the disciples that the bread and wine were his Body and Blood.
- Help the children appreciate that the disciples were given the gift of faith to believe this. We also have been given the gift of faith and believe the bread and wine become the Body and Blood of Jesus at Mass. We also believe the Holy Spirit is with us at Mass.
- In TG use **INVOLVE**.

### Guide Page 135

Student Page 71

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- Discuss with the children why fire is one of the symbols used for the Holy Spirit
- In CG complete the “Holy Spirit Activity Is with Us” activity found on the bottom of the page.
- In TG use **CLOSE**.
- Tell the children that at the end of class you are going to collect the paper flames they made.

### Guide Page 136

Student Page 72

- In CG use **FOCUS** and **SHARE**.
- In TG use **INTRODUCE**, **SHARE**, and **INVOLVE**.
- Using a map help the children locate the city of Jerusalem. Explain to the children that Jerusalem was the most important city for Jesus, his followers, and for all Jewish people.

### Guide Page 137

Student Page 73

- In CG use **SUMMARIZE** and **INTEGRATE**.
- In TG use **SUMMARIZE**, **INTEGRATE**, and **CLOSE**.

### Guide Page 138

Student Page 74

- In CG use **FOCUS** and **SHARE**.
- In TG use **INTRODUCE** and **SHARE**.
- Recall with the children that the Holy Spirit came to them in a special way when they were baptized and is always with them.
- Discuss ways in which the Holy Spirit helps the children as they prepare for Eucharist: The Spirit helps them pray, make good decisions, learn about Jesus, and so on.
- In TG use **INVOLVE**.

### Guide Page 139

Student Page 75

- In CG use **SUMMARIZE** and **INTEGRATE**.
- In TG use **SUMMARIZE**, **INTEGRATE**, and **CLOSE**.

### Guide Page 140

Student Page 76

- In CG and TG use **HIGHLIGHT** and **SHARE**.
- In CG and TG discuss and complete the Bright Ideas section “Witnesses to the Spirit” as time allows.

- Review with the children the fruits of the Spirit. Discuss each of the fruits of the Spirit. Ask how does being kind help us prepare for First Eucharist? And so on.
- In TG use **INVOLVE**.

### Guide Page 141

Student Page 77

- In CG and TG use **RESPOND** and **CHOOSE**.
- Continue the discussion of ways that the children think the fruits of the Spirit are signs that show they are preparing for First Eucharist.
- In TG use **CLOSE**.

### Guide Page 142

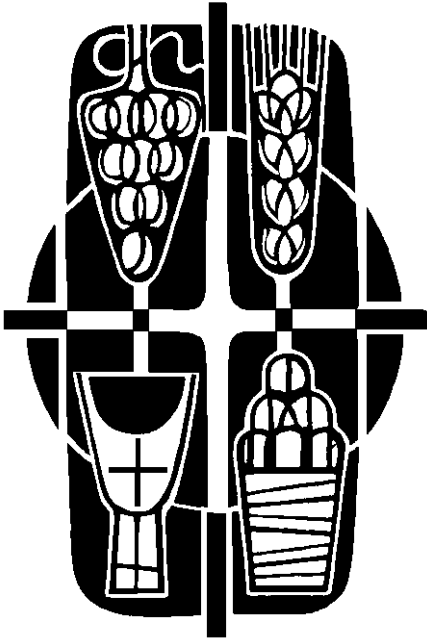
Student Page 78

- In CG and TG use **REINFORCE** and **CELEBRATE**.

## Conclude the lesson . . .

- Collect the paper flames the children made during class and display them on a poster or a bulletin board.
- Remind the children that they are to be lights of faith to all they meet.
- Emphasize that celebrating the Eucharist each week will help them be lights of faith their whole life long. Encourage the children to use their talents to bring Jesus to others.
- Pray the “Blessing for the Children” found on page 4.
- Tell the children that you will be praying for them in a special way as they prepare to receive First Eucharist.

# Using Chapter 8: We Are the Church



*Chapter 8 takes a look at the role of initiation into the Church both in the early Church and in the Church today. Take the time to explain the Sacraments of Initiation. By following the components of this chapter the children will come to a better understanding of the relationship between the sacraments of Baptism and Confirmation. Explain to the children that Eucharist is the source of all Christian life. Help the children appreciate that they are preparing not just to receive the Eucharist on their First Communion Day but regularly throughout their lives after that day. Continue to develop the children's appreciation of what it means to be a follower of Jesus and a member of the worshiping community in the Church today.*

## Blessing for the Children



*Jesus Christ, Bread of Life,  
travel beside these children  
as they take their final steps  
in their journey to your table.*

*Help them recognize you  
in the words of Holy Scripture,  
in the Blessed Sacrament,  
in your people, and in themselves.*

*Draw the children close to you so they  
may radiate your love to other.*

*Amen.*

### Objectives for First Eucharist Preparation

- Describe how the early Christians became members of the Church through Baptism.
- Identify the three Sacraments of Initiation.
- Demonstrate ways to live as a follower of Jesus.
- Identify the ministers of the Eucharist.

### Additional Resources

- Grade 3 **Faith First** video, segment 2
- **Faith First** Interactive Calendar for Eucharist.
- Parent Letter, found on page 18 of this booklet
- Grade 3, **Faith First Additional Activities Book**, pages 8 and 8a
- Books to read:
  - *Miss Rumphius* by Barbara Cooney. New York, NY: Penguin Books.
  - Spread thanks and tell about the kingdom

### Getting Ready for First Eucharist

- Practice the songs that the the children will sing with the assembly at the celebration of First Eucharist.
- Talk with the children about all the preparations they are making at home with their families for their First Communion day. Help the children understand that receiving Holy Communion for the first time is the most important event of that day. It is the reason for everything else their families will do to celebrate that day.



## Begin the lesson . . .

### Guide Page 147

Student Page 79

- In CG and TG use **PRAY** and **DISCOVER**.

### Guide Page 148

Student Page 80

- In CG use **INTRODUCE** and **INVOLVE**.
- In TG use **INTRODUCE** and **EXPLORE**.
- Explain to the children that the Church is not just a building, but the Church is the People of God, those who have become followers of Christ through the sacrament of Baptism.
- In TG use **INVOLVE**.

### Guide Page 149

Student Page 81

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- Emphasize that the first followers of Jesus prayed together and broke and shared bread. Explain that this gathering together to break bread was a term the early Church used for the celebration of the Eucharist.
- Discuss the widespread use of bread as good: bread helps keep us alive, healthy, and growing.
- Point out that Jesus calls himself the Bread of Life (see John 6:34–51). Then talk about the Eucharist, the Body and Blood of Jesus, the Bread of Life. Stress that receiving Holy Communion regularly helps us grow closer to Jesus and to one another.
- Ask the children to share their thoughts about receiving Holy Communion for the first time.
- Allow the children to ask any questions that they may have about the Eucharist.
- In TG use **CLOSE**.

### Guide Page 150

Student Page 82

- In CG use **FOCUS** and **INVOLVE**.
- In TG use **INTRODUCE** and **SHARE**.
- Invite the children to share any stories they may know about their Baptism.
- Tell the children that through Baptism they became members of the Catholic Church. Explain that when our sins are forgiven in Reconciliation, we grow in our friendship with Jesus. Point out that both Baptism and Reconciliation prepare us for receiving Jesus in the Eucharist.
- In TG use **INVOLVE**.

### Guide Page 151

Student Page 83

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- If time permits, have the children role-play Sarah's Baptism.
- Show and explain to the children some of the signs of Baptism, such as water, oil, a white garment, and a baptismal candle.
- In TG use **CLOSE**.

### Guide Page 152

Student Page 84

- In CG use **FOCUS** and **INVOLVE**.
- In TG use **INTRODUCE**, **SHARE**, and **INVOLVE**.

### Guide Page 153

Student Page 85

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- Explain to the children the relationship between Baptism, Confirmation, and Eucharist. Baptism begins our initiation into the Church, Confirmation strengthens us as members of the Church, and that Eucharist nourishes us with the Body and Blood of Jesus Christ to live as Jesus taught us.

- Remind the children that each of them was anointed with the holy oil of chrism when they were baptized. They will be anointed with chrism again at Confirmation.
- Discuss with the children that at Confirmation we renew our baptismal promises and are sealed with the Holy Spirit, who we received in Baptism.
- In TG use **CLOSE**.

### Guide Page 154

Student Page 86

- In CG use **HIGHLIGHT** and **INVOLVE**.
- In TG use **HIGHLIGHT**, **SHARE**, and **INVOLVE**.

### Guide Page 155

Student Page 87

- In CG and in TG use **RESPOND** and **CHOOSE**.
- In TG use **CLOSE**.
- Name for the children the ministers they see at the celebration of Mass: the priest who is acting in the person of Christ; the deacon; the readers; the eucharistic ministers; the cantor, or song leader; the altar servers; the hospitality ministers, or ushers, and so on.

### Guide Page 156

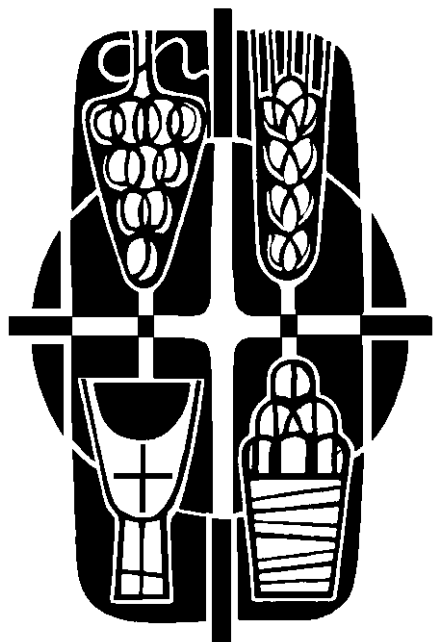
Student Page 88

- In CG and TG use **REINFORCE** and **CELEBRATE**.

## Conclude the lesson . . .

- Ask the children to pray this week for everyone in the parish family who will be receiving one of the Sacraments of Initiation this year.
- Pray the "Blessing for the Children" found on page 6.
- Tell the children that you will be praying for them in a special way as they prepare to receive First Eucharist.

# Using Chapter 11: Celebrations of God's Love



*The seven sacraments celebrate the life of Jesus in word, prayer, and action. Initiated by Jesus to give grace, the sacraments are the seven special celebrations of the Church that make Jesus present to us in a special way and make us sharers in God's life and love. They strengthen the followers of Jesus in their faith and help that faith grow. Chapter 11 presents a synopsis of all seven sacraments and introduces the children to sacramentals, which are reminders of God's love for us. Help the children understand the difference between sacraments and sacramentals. They might receive sacramentals, such as a prayer book or a Bible, as First Communion gifts.*

## Objectives for First Eucharist Preparation

- Explain the relationship between faith and the celebration of the sacraments.
- Review the sacrament of Reconciliation.
- Describe the signs and symbols for each of the seven sacraments.
- Identify the sacramentals associated with the Eucharist.

## Additional Resources

- Grade 3, **Faith First** video, segment 2
- **Faith First** Interactive Calendar for Eucharist
- Parent Letter, found on page 19 of this booklet
- Grade 3, **Faith First Additional Activities Book**, pages 11 and 11a
- Books to read:
  - The Sacraments* by Inos Biffi. Grand Rapids, MI: William B. Eerdmans Publishing Company. An age-appropriate overview of the sacraments.
  - A Walk Through Our Church* by Gertrud Mueller Nelson. Mahwah, NJ: Paulist Press. The symbols used for the sacraments.

## Getting Ready for First Eucharist

- Practice the Mass responses and the songs that will be sung at the First Eucharist celebration
- Have the children practice the proper way to genuflect, kneel, stand, sit, and process at Mass. If time allows, take the children to the church and practice processing into the church. Invite the children to sit in the presider's chair. This will give them a different perspective of the worshipping assembly.

## Blessing for the Children



Lord Jesus,

Watch over these children,

help them grow in faith

and fill their hearts

with love for you.

Amen.

## Begin the lesson . . .

### Guide Page 191

#### Student Page 111

- In CG and TG use **PRAY** and **DISCOVER**.

### Guide Page 192

#### Student Page 112

- In CG use **INTRODUCE** and **INVOLVE**.
- In TG use **INTRODUCE**, **EXPLORE**, and **INVOLVE**.
- Identify and explain the signs and symbols for the Sacraments of Initiation.
- Have children identify the actions portrayed for each sacrament on page 112.

### Guide Page 193

#### Student Page 113

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- Discuss with the children the signs and symbols for the remaining four sacraments.
- Review with the children the way we celebrate the sacrament of Reconciliation. You might use the outline “The Sacrament of Reconciliation” on page 327 in the child’s text.
- Use the Bright Ideas “Grouping the Sacraments” at the bottom of the guide page.
- TG use **CLOSE**.

### Guide Page 194

#### Student Page 114

- In CG use **INTRODUCE** and **INVOLVE**.
- In TG use **INTRODUCE**, **EXPLORE**, and **INVOLVE**.
- Explain to the children that we celebrate the sacraments at different times in our lives to help us grow in and live our faith.

### Guide Page 195

#### Student Page 115

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- Explain to the children that faith is a gift from God.
- Help the children understand that every time they celebrate a sacrament they are expressing their faith as followers of Jesus and celebrating God’s love for them.
- In TG use **CLOSE**.

### Guide Page 196

#### Student Page 116

- In CG use **FOCUS** and **INVOLVE**.
- In TG use **INTRODUCE**, **EXPLORE**, and **INVOLVE**.
- Discuss with the students how the Sacraments of Initiation touch them at important points of their lives and help them grow in and live their faith.
- Review with the children the actions used by the assembly during the Mass: kneeling, sitting, standing, signing.
- Have the children identify when each of the following prayer gestures may be used during the celebration of Mass: outstretched arms, folded hands, and bowing. Discuss the meaning of the gestures with the children.

### Guide Page 197

#### Student Page 117

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- Discuss how the sacraments of Reconciliation, Anointing of the Sick, Matrimony, and Holy Orders touch our lives and help us grow in faith.
- Summarize by telling the children that the celebration of the Eucharist is the center of our lives as followers of Christ.

- Emphasize that every time the children celebrate a sacrament they receive special grace from God to help them live as followers of Jesus
- In TG use **CLOSE**.

### Guide Page 198

#### Student Page 118

- In CG use **HIGHLIGHT** and **INVOLVE**.
- In TG use **HIGHLIGHT**, **SHARE**, and **INVOLVE**.
- Show the children some examples of sacramentals: a prayer book, bible, a religious medal, rosary.
- Tell the children that Catholics use sacramentals help us grow closer to God.
- Tell the children that they may receive some of these sacramentals as gifts on the day of their First Communion celebration.
- Discuss with the children ways they might treat and use these gifts.

### Guide Page 199

#### Student Page 119

- In CG and TG use **RESPOND** and **CHOOSE**.
- In TG use **CLOSE**.

### Guide Page 200

#### Student Page 120

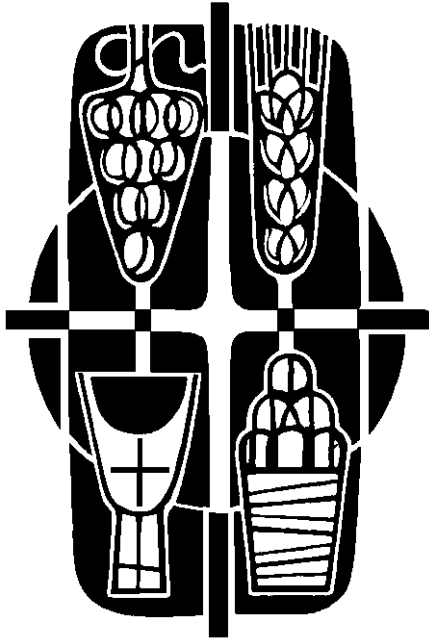
- In CG and TG use **REINFORCE** and **CELEBRATE**.

## Conclude the lesson . . .

- Pray the “Blessing for the Children” found on page 8 of this guide.
- Tell the children that you are proud of the work they are doing.

# Using Chapter 16: We Celebrate the Eucharist

## Part I: The Last Supper, Introductory Rites, Liturgy of the Word



*Chapter 16 presents the gospel story of how Jesus gave us the Eucharist and reviews the Introductory Rites and the Liturgy of the Word at Mass. The children need to listen to the story of the Last Supper as they prepare to receive First Eucharist. The more familiar the children are with this story, the more they will be able to connect the celebration of the Eucharist with what Jesus said and did at the Last Supper. This will help the children come to believe more deeply that the Eucharist is Jesus truly and really present with them.*

### Objectives for First Eucharist Preparation

- Explain the special meal, the Last Supper, that Jesus and his friends celebrated on the night before he died.
- Become familiar with what Jesus said and did at the Last Supper.
- Understand that at the Eucharist we receive the very same gift of Jesus' Body and Blood that he gave his disciples at the Last Supper.
- Explain the Introductory Rites and the Liturgy of the Word.

### Additional Resources

- Grade 2, **Faith First** video, segment 7
- **Faith First** Interactive Calendar for Eucharist
- Parent Letter, found on page 20 of this booklet
- Grade 3 **Faith First Additional Activities Book**, pages 16 and 16a
- Books to read:
  - The Table Where Rich People Sit* by Byrd Baylor. New York, NY: Aladdin Paperbacks. Come to the feast, come to the table of plenty.
  - The Bee Tree* by Patricia Ploacco. New York, NY: Philomal Books. God's word is sweeter than honey.

### Getting Ready for First Eucharist

- Use the lectionary and show the children the readings for the different Sundays of the year. Point out one of the gospel readings and then show the children where the same reading is found in the Bible.
- Have pictures of an altar, an ambo, a priest and a deacon vested for Mass, a reader standing at the ambo, a chasuble, a stole, and an alb. Have the names of these items and people placed on tagboard and play a matching game with the children.
- Review good listening techniques with the children. Read a gospel story aloud to the children and have them practice listening attentively. After you have finished reading, have the children briefly state what the gospel story was about. Then have the children describe how the story might be asking them to live as followers of Jesus.

## Blessing for the Children



*Jesus Christ, Word of God,  
fill the children with  
your love for them  
and with ways they can express  
their love for you.  
Open their ears and their hearts  
as they listen to your word.  
Amen.*

## Begin the lesson . . .

### Guide Page 261

#### Student Page 161

- In CG and TG use **PRAY** and **DISCOVER**.

### Guide Page 262

#### Student Page 162

- In CG use **INTRODUCE** and **INVOLVE**.
- In TG use **INTRODUCE**, **EXPLORE**, and **INVOLVE**.
- Write the terms *Celebration of Passover*, *Last Supper*, *Holy Thursday*, and *Night before Jesus Died* on the board. Help the children see the connection between these terms.
- Show the children a piece of unleavened bread and a piece of leavened bread. Explain the difference between the two types of bread. Point out that Jesus used unleavened bread at the Last Supper. Ask the children why Jesus and his friends used unleavened bread at the Last Supper. (Because that is what the Israelites used at the first Passover.)
- Ask why we continue to use unleavened bread in the celebration of the Mass today. (Because Jesus used unleavened bread at the Last Supper.)
- Tell the children that we also use wine at Mass as Jesus did at the Last Supper. Point out that unleavened bread and wine are used for the celebration of the Eucharist in Catholic churches all over the world.

### Guide Page 263

#### Student Page 163

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- In TG use **CLOSE**.

### Guide Page 274

#### Student Page 164

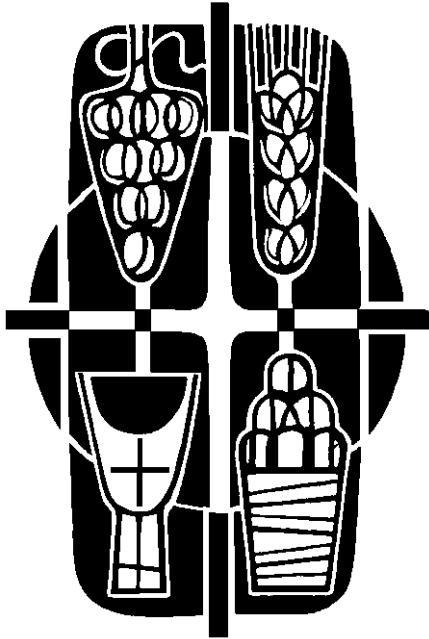
- In CG use **FOCUS** and **INVOLVE**.
- In the TG use **INTRODUCE**, **SHARE**, and **INVOLVE**.
- Name all the parts of the Mass with the children. Have them refer to “Celebrating Mass” on page 328 in their books for this review.
- Talk with the children about what will soon be different about the way they take part in the Mass. Up until now the children were not able to receive Holy Communion. Soon they will be able to join the assembly in receiving Holy Communion.
- Ask the children to name things the worshiping assembly does at Mass. Include: genuflecting, bowing, standing, kneeling, sitting, processing, listening, responding, and singing. Discuss the meaning of each of these actions.
- Invite volunteers to show the correct way to do each action.
- Allow time for the children to practice each action reverently.
- Ask the children to identify the people they see helping at Mass, for example, the reader, the altar servers, the deacon, and so on. Write the responses on the chalkboard for all to see. Explain that these people, as well as all the people who gather for Mass, are part of the parish family to which they belong.
- Explain the terms *assembly* and *presider*.
- Let the children take turns being the presider and leading the prayers while the other children take the part of the assembly. Practice the responses used in the Introductory Rites of the Mass.

- Practice the children’s participation in the Introductory Rites. Take the role of the presider; assign the roles of deacon, reader, and altar servers. Choose a crossbearer to lead the children in procession around the room while you play a recording of an appropriate song.
- On a poster titled “Liturgy of the Word” list the three readings and the psalm response used at Mass. Ask the children to name where each reading is found in the Bible.
- Ask the children why they think the term *Gospel* or *Good News* is a good term for the stories about the life of Jesus.
- Practice the responses used during the Liturgy of the Word.
- Explain that the homily helps us understand the readings and live as followers of Jesus.
- Tell the children that when we pray the Creed we are saying what we believe as Catholics.
- Invite the children to list the kinds of things that we pray for in the Prayer of the Faithful.
- Review and practice with the children the actions used by the assembly during the Liturgy of the Word at Mass.
- Give each child a paper candle with the words “We follow Jesus, the Light of the World” written on it.
- Invite the children to take their paper candle home and practice walking in procession with members of their family.

## Conclude the lesson . . .

- Pray the “Blessing for the Children” found on page 10.
- Tell the children that you will be praying for them in a very special way as they prepare to receive First Eucharist.

## Using Chapter 16: We Celebrate the Eucharist Part 2: The Liturgy of the Eucharist, Concluding Rite



*In the previous lesson we read the story of the Last Supper and reviewed the Introductory Rites and the Liturgy of the Word. In this lesson we continue studying Chapter 16 and review the words and actions of the Liturgy of the Eucharist and the Concluding Rite of the Mass. The more the children are able to recognize and understand the rites of the Mass the better they will be able to participate actively in the celebration of Mass and take their place at the Table of the Lord.*

### Objectives for First Eucharist Preparation

- Explain that the church community gathers at the Eucharist to thank God for his many gifts and blessings.
- Describe that at the Liturgy of the Eucharist the Church remembers and does what Jesus did and said at the Last Supper.
- Explain that sharing the Eucharist changes us and gives us strength to live as followers of Jesus.
- Describe that the Concluding Rite commands us to live our faith.

### Additional Resources

- Grade 3, **Faith First** video, segment 3
- **Faith First** Interactive Calendar for Eucharist
- Parent Letter, found on page 21 of this booklet
- Grade 3, **Faith First Additional Activities Book**, pages 16 and 16a
- Books to read:
  - *Wilfrid Gordon McDonald Partridge* by Mem Fox. Brooklyn, NY: Kane/Miller Book Publishers. "Do this in memory of me."
  - *Miss Rumphius* by Barbara Cooney. New York, NY: Penguin Books. Spread thanks and tell about the kingdom.

### Getting Ready for First Eucharist

- Demonstrate the appropriate way to receive Holy Communion. Have the children practice how they will receive Communion
- Practice receiving from the cup too. Use water as you practice. Remember to check with the parents to verify which children will be receiving from the cup.
- Talk about fasting from food and drink, except water and medicine, for one hour before receiving Holy Communion.
- Talk to the children about what will happen on the day of First Eucharist. If you have a rehearsal day scheduled, remind the children of the details.
- Spend some time in prayer this week. Pray that everyone continues to be nourished at the Table of the Lord.

### *Blessing for the Children*



*Jesus Christ,  
Gift of the Father,  
open the minds and hearts  
of these children to your great love.*

*Strengthen their faith  
in your Son, Jesus,  
the Bread of Life.  
Amen.*

## Begin the lesson . . .

### Guide Page 265

#### Student Page 165

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- In TG use **CLOSE**.
- Review briefly with the children the Introductory Rites and the Liturgy of the Word.
- Continue reviewing the parts of the Mass with the children, using the “Celebrating Mass” section found on page 328.
- Explain that the Liturgy of the Eucharist begins by preparing the altar and the gifts of bread and wine. Review why we use bread and wine for the celebration of the Eucharist.
- Remind the children that all our blessings come from God. In the Liturgy of the Eucharist we remember our blessings and thank God for them.
- Tell the children that we also ask God to accept our lives as gifts. We want the gifts of our work and our play to be the very best they can be. At Mass we give ourselves with Jesus to the Father.
- Have the children close their eyes and listen as you read one of the prefaces for Masses with Children.
- Explain that only a priest or a bishop can lead the assembly in celebrating the Liturgy of the Eucharist.
- Go over the responses used at the preface of the Mass. Practice the responses with the children and allow them to take turns saying the priest’s words.
- Say aloud the words “Take this, all of you, and eat it: this is my body which will be given for you.”
- Repeat the words leaving out one or two words and asking the children to fill in the missing words.
- Use the same activity with the words the priest prays over the wine.

- Write the word *consecration* on the board. Explain that *consecration* means “making holy” and that the words of the priest are called the words of consecration. Explain that what Jesus said and did at the Last Supper are said and done by the priest or bishop during the eucharistic prayer.
- Write the term *Holy Communion* on the board. Underneath it write the terms *priest*, *deacon*, and *eucharistic minister*. Explain that these are the ministers whom the faithful go to at Mass to receive Holy Communion.
- Review the prayer that is said by the assembly before going to receive Communion:  
“Lord, I am not worthy to receive you, but only say the word and I shall be healed.”  
Talk about the meaning and importance of this prayer as a way to prepare for receiving the Holy Communion.
- Practice with the children what the priest, deacon, or eucharistic minister will say and what the children’s responses are.
- Explain the way that Holy Communion will be given to the children. Demonstrate the way the children will receive the Body of Christ. Demonstrate, if it is the custom of the parish, the way the children will receive from the cup.
- Discuss with the children the importance of receiving Holy Communion when they take part in Mass.
- Review the Concluding Rite. Describe how the dismissal commands us to live as followers of Jesus.

### Guide Page 266

#### Student Page 166

- In CG use **FOCUS** and **INVOLVE**.
- In TG use **INTRODUCE**, **SHARE**, and **INVOLVE**.

### Guide Page 267

#### Student Page 167

- In CG and TG use **SUMMARIZE** and **INTEGRATE**.
- In TG use **CLOSE**.

### Guide Page 268

#### Student Page 168

- In CG and TG use **HIGHLIGHT** and **SHARE**
- In TG use **INVOLVE**.
- Have the children go to the Faith First Activity “Where Do Hosts Come From?” on the **Faith First** web site. To locate this activity, go to **www.FaithFirst.com** and open the “Kids Clubhouse” web page. Click on the Faith First Activities box, scroll down to the Grade 2 section, and click on the Chapter 8 book.

### Guide Page 269

#### Student Page 169

- In CG and TG use **RESPOND** and **CHOOSE**.
- Have the children list things that can help them remember to thank and praise God. Some examples might be: thanking God for water each time they get a drink or wash their hands, thanking God for people who love and care for them each time they get a hug or kiss, thanking God for the gift of Jesus, the Bread of Life, each time they eat bread this week.
- In TG use **CLOSE**.

### Guide Page 270

#### Student Page 170

- In CG and TG use **REINFORCE** and **CELEBRATE**.

## Conclude the lesson . . .

- Pray the “Blessing for the Children” found on page 12.
- Ask the children to include all the people who have helped them prepare for First Eucharist in their prayers on their special day.

## Suggestions for a Eucharist Retreat

*For the past weeks you have spent much time preparing your students for the celebration of First Eucharist. Here are some suggestions that can be adapted to fit your needs for planning a time of spiritual reflection or a retreat as a final preparation for First Eucharist. Such a celebration can be as simple as one hour of faith sharing or it can be as elaborate as a full day retreat that includes both the children and their parents.*



### PRAYER TABLE

The focal point of the spiritual reflection or retreat can be the prayer table. Cover the table with a white cloth and place the following items on the table: a candle, grapes or a chalice or cup of grape juice and a loaf of fresh baked unleavened bread or an unconsecrated host.

### GATHERING PRAYER

Gather the children for prayer by saying, "We gather to celebrate Jesus who comes to us as Living Bread." Have the children respond, "Come into our hearts, Lord, Jesus." Sing an appropriate song or hymn that the children are familiar with. Read the Emmaus Story (Luke 24:13–31) or read the account of the Last Supper (Matthew 26:26–28) and discuss it with the children. After you have completed faith sharing, have all the children pray the Our Father. Conclude the prayer by extending your hands over the children and blessing them. You may use one of your favorite blessings or one of the blessings from this booklet.

### EMMAUS STORY ACTIVITY

After reading the Emmaus story give each child a piece of paper on which you have drawn a picture of a man dressed in a robe walking down a road. Provide crayons or markers, and ask the children to draw a picture of themselves walking down the same road with the man. Then tell the children that the man in the picture represents Jesus. Tell them to look at the picture of Jesus and them walking down the road together. Encourage them to tell Jesus what they feel in their heart about receiving Eucharist for the first time. Allow the children to have a few moments of silence. Ask children to volunteer to share their thoughts.

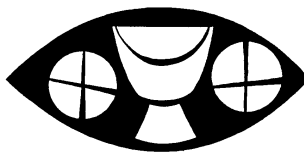
### THE LAST SUPPER

After reading the account of the Last Supper, invite the children to imagine that they are with Jesus and the disciples at the Last Supper. Have the children role-play the story of the Last Supper. You may want to use a children's version of the Bible for the story of the Last Supper. Use simple props.

### CRAFT ACTIVITY

Give each child a sheet of yellow construction paper with the outline of a chalice drawn on it and a sheet of white construction paper with the outline of a host drawn on it. Have the children cut out the chalice and the host and paste them on another sheet of construction paper with the host above the chalice. Have the children print their names near the base of the chalice. Discuss with the children that the chalice holds the wine that becomes the Blood of Jesus and the host becomes the Body of Jesus. Remind the children that Jesus gives them the gift of himself each time they receive the Eucharist. Remind the children that receiving Communion strengthens them to be followers of Jesus. As followers they must use their gifts and talents to help others get to know Jesus. Let several children volunteer to share their gifts and talents and discuss how these gifts can be used to help others know Jesus. Ask each child to write or draw their special gift on the construction paper next to the chalice. Punch two holes at the top of each sheet of construction paper and tie yarn through the holes, making a banner. Tell the children to bring their banners home and hang them where they can be seen. This will remind them to use their gifts to live as followers of Jesus.





*Dear Parent,*

*What an exciting time for your family as your child begins to prepare for First Eucharist. During this year we will be inviting you and your child to be involved in a series of six lessons in preparation for your child's first reception of the Eucharist. It is our hope that by communicating with you as your child begins each new lesson we will be able to help one another grow spiritually and appreciate this grace-filled time for your child, your family, and the parish community.*

*Your child will bring home a letter similar to this one at the beginning of each of the six lessons. Each letter will contain background information on the topic of the week's lesson and help you know what your child is learning in class. It will also include activities that you and your child can do together during the week. These activities will help your family set aside time to focus on this very important time in your child's and your family's life. During the final weeks of preparation, we will also be enlisting your help in some of the preparations that need one-on-one attention or extra practice.*

*Please know that you have done a wonderful job as the primary educator of your child. Your continued dedication will make this a time of wonder and awe for your child. We feel privileged to be a part of this special time in the life of your child and your family. Remember that the parish is here to help and serve you. If you have any questions or concerns at all, feel free to call on us.*

*We are keeping you and your child in our prayers. We hope you will do the same for us. May the Lord guide us as together we bring the children to a deeper friendship with Jesus, the Bread of Life.*

*Sincerely,*



*Dear Parents,*

*We begin this year by working on Chapter 1, "God Speaks to Us," found on pages 9–18 in your child's text book. This chapter lays a strong foundation for the study of Jesus and the Eucharist. The children will meet Jesus as the second Person of the Holy Trinity. They will come to a realization that every time they bless themselves and every time they recite the Creed at Mass, they are professing their belief in one God in three divine Persons, Father, Son, and Holy Spirit. The children will learn that through the Scriptures God tells us about himself and his love for us. They will rediscover the story of the Last Supper and how Jesus gave his Body and Blood to his followers, and promised them that the Spirit would come to help them. Finally, they will examine what it means to be the community of Jesus followers and what it means to them, third-grade students, to be members of their parish community.*

*This year is also a good time to purchase a children's version of the Bible if you don't already have one in your home. You can present this Bible to your child at a family meal. Take time once a week to sit with your child and read from the Bible. It is through listening to Scripture that your child can come to a better understanding of Jesus, whom they will receive in the Eucharist.*

*By presenting this lesson at the very beginning of the year we are providing time for your child to get to know Jesus better, to grow in faith, to profess the faith of the Catholic community, to live that faith, and to know what it means to be a child of God and a member of the Catholic Church. Be involved with your child's journey to First Eucharist. Together you can renew and strengthen your faith.*

*Have a wonderful year. Remember we are praying for one another.*

*Sincerely,*



Dear Parents,

We begin our immediate preparation for First Eucharist with Chapter 7, “The Holy Spirit: A Scripture Story,” found on pages 69 –78 in your child’s text. The goal of this lesson is to help the children discover the work of the Holy Spirit in the Church and how the Holy Spirit helps them to be followers of Jesus. Chapter 7 opens by recalling the two special gifts that Jesus gave his followers at the Last Supper—the Eucharist and the promise to send the Holy Spirit. Discuss with your child the importance of making and keeping promises. Jesus kept his promise to his followers—on the feast of Pentecost, the Holy Spirit came to them as Jesus promised.

This would be a good time to read the story of the coming of the Spirit (Acts of the Apostles 2:1–41) with your child. Remind your child that the Spirit is always with him or her and that the Spirit helps your son or daughter learn and understand the things that Jesus said and did. Remind your child that at baptism he or she received the gift of the Holy Spirit. Talk to your child about the fruits of the Spirit, which are named on page 76 in your child’s text.

While Chapter 7 provides the opportunity to talk about the gifts of the Eucharist and the Holy Spirit, it also reminds us that each of us is both a gift to God and to one another. Spend some time this week identifying the special gifts of each family member. Encourage each family member to think of one way they can share their gifts with one another and with someone at work, at school, in your neighborhood, or in your parish community. Encourage each family member to write a short prayer thanking God for the gift of Jesus. Use these prayers throughout the week when the family gathers for a meal.

Have a wonderful week. Remember, we’re praying for you.

Sincerely,



Dear Parents,

*This week your child is working on Chapter 8, “We Are the Church,” found on pages 79 – 88 in your child’s text. In this chapter, we talk about what it means to be a member of God’s worshipping community. We compare the ways that the early Church members worshipped with the way we worship today and we discuss the relationship between the biblical concept of “breaking of the bread” and receiving Holy Communion at Mass.*

*Remind your child that it was through the sacrament of Baptism that he or she became a follower of Jesus and a member of the Church. Take time to show your child mementos of that day: the baptismal candle, the baptismal garment, and any pictures you may have of your child’s baptismal ceremony. Share your memories of that joyful day. Review the three Sacraments of Initiation (Baptism, Confirmation, and Eucharist) and remind your child that in a few short weeks he or she will be receiving another Sacrament of Initiation, the Eucharist. Have a special evening dinner to anticipate this very special moment on his or her faith journey. Light your child’s baptismal candle during the dinner and have a family member say a blessing prayer over your child.*

*When you take part in Mass as a family, sit where your child has a good view of what is taking place. Help your child stay focused by gently whispering what the presider or other ministers are saying or doing. Point out what part of the Mass is being celebrated. Encourage your child to say the responses and sing the hymns with the assembly. When it is time for the assembly to receive Holy Communion, invite your child to process alongside you and to observe how you reverently receive Communion. In many parishes children who have not yet received First Eucharist are invited to cross their arms over their chest, approach the priest or other minister, and receive a blessing. After Mass talk with your child about what your family has just celebrated and how the Mass is like the Last Supper.*

*May the peace and blessings of our Lord, Jesus Christ, be with you and your child as you continue together to prepare for your child’s First Eucharist.*

*Sincerely,*



*Dear Parents,*

*This week your child is working on Chapter 11, "Celebration of God's Love," found on pages 111–120 in your child's text. The focus of this chapter is on the sacraments as celebrations of God's love for us. This week your child will also learn about the relationship between the seven sacraments and faith. Read the Scripture story about Thomas found in John 20:24–28 or on page 114 of your child's text. Explain to your child that at his or her Baptism you made special promises of faith for him or her. You stated you believed in God the Father; God the Son, Jesus; and the Holy Spirit. Discuss what it means for your child to be a person of faith.*

*As the day to celebrate your child's First Eucharist draws closer, share with your child that the Eucharist is the sacrament in which we receive the Body and Blood of Christ. The Body and Blood of Jesus nourishes and makes us strong to live our faith. You might use your child's understanding of a family meal to help him or her understand the eucharistic celebration. For example, point out that you share stories about your day during your meal much like we tell and listen to stories from the Scripture during Mass; compare the serving dishes to the vessels used at Mass, reminding your child that the cup used at Mass is called a chalice. Such comparisons will help your child discover the importance of regularly participating in the Eucharist with you and your family.*

*This week take some time to pray with your child. Share some of your memories of your own First Eucharist celebration. Ask your child to pray for you that you will always be a loving parent and a faithful follower of Jesus. Pray also for the other members of your family, for your friends, and for the people in your parish family.*

*Let us pray for one another, always knowing that in the midst of our preparation is Jesus showering his love on us.*

*Sincerely,*



Dear Parents,

This week's lesson presents the first part of Chapter 16, "We Celebrate the Eucharist," found on pages 161–164 in your child's text. Chapter 16 begins with the account of the Last Supper, found in the Gospel of Matthew. Each time we listen to or read this gospel story we rediscover the depth of God's love for us. Take the time this week to reread with your child the adaptation of the story of the Last Supper on pages 162 and 163 in your child's text. Share how you would have felt if you had been there and invite your child to do the same.

When Jesus and his disciples gathered for the Last Supper, they were continuing and taking part in an important tradition of the Jewish people. Your child is beginning to understand the meaning of and to look forward to celebrating family traditions and the traditions of the Church. Discuss your family traditions. Ask your child what parts of celebrating those traditions they most enjoy. Share how important celebrating your child's First Communion Day is to your family. Invite your child to help plan your family's celebration of that day.

This week's lesson also focuses on the celebration of Mass. The Introductory Rites and the Liturgy of the Word will be discussed. The children will become familiar with the prayers of these rites of the Mass and they will practice the responses to these prayers. We encourage you to review and practice these responses at home.

Sometimes it may be difficult for a young child to listen to the readings and the homily. One way to help your child listen attentively is to talk about the Scripture readings before going to church. After Mass discuss the readings and the homily as a family. Such conversations are wonderful moments of faith sharing.

Enjoy your week. We can all feel the sense of excitement mounting as the celebration of the children's First Eucharist draws near.

Sincerely,



*Dear Parents,*

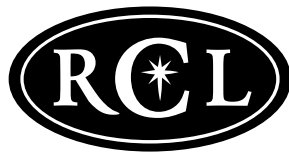
*This is an exciting week. It is the final week of preparation for First Eucharist. This week your child is working on pages 167–170, the second part of Chapter 16, “We Celebrate the Eucharist.” In this lesson your child will learn about the Liturgy of the Eucharist and the Concluding Rite of the Mass.*

*It is important that your child understand that the Eucharist is truly spiritual food. Explain that just as we need to eat regular food for our physical health, we need to share the Eucharist on a regular basis to nourish our life in Christ. Point out to your child the importance of regularly reading Scripture, praying, and receiving the Eucharist. Emphasize how doing these things strengthens the new life in Jesus that he or she received in Baptism. Continue to help your child develop the regular practice of these traditions of the Church.*

*At the end of Mass the presider or deacon dismisses the assembly, giving this or a similar command, “Go in peace to love and serve the Lord.” Join with your child in fulfilling this command in simple ways each day. Help your child understand that helping other people, as Jesus taught us to do, is showing love for and serving the Lord. Explain to your child that every Christian has the responsibility to help others come to know Jesus. Join with your child in fulfilling this command in simple ways each day. Make the effort to regularly point out to your child his or her loving actions and how these actions help others come to know Jesus.*

*This week say a prayer praising God for the gift of the Blessed Sacrament and for the gift of our children. What a privilege to bring these two great gifts together.*

*Sincerely,*



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