



FIRST HOLY COMMUNION

RELIGIOUS ED & RETREAT PACKET

March 24, 2020

Dear Parents,

Even though you love your children completely, they crave a kind of love that no human being can give them. They want you to love them so much that you never fail them, never depart from them, are always and forever and ever and ever there. That's why they barge into your room in the middle of the night, demanding that you come sleep with them. That's why they come back to you again and again for hugs in the midst of playing. That's why they still get sad if they're away from you for too long. They want to be infinitely loved.

But it's impossible to love like this. We can't take away every sadness or sorrow from the life of our sons or daughters. We can't promise them a world where there won't be disappointments. We can't give them our full attention every day as much as we want, without complications. We are human, and as humans we cannot fulfill an infinite promise of love.

But God can. And that's the gift of their First Communion. At every single Mass that we celebrate, Jesus becomes entirely and absolutely present among us – Jesus Christ, who is God's total and absolute Love made flesh. Through the Sacrament of the Eucharist, we receive Christ's body and blood so that we can experience this kind of infinite, boundless, and unbelievable love.

The love that we desire more than anything at all is given to us, to become one with us through eating and drinking, and to change us forever into this very same gift of love for the world. "Whoever eats my flesh and drinks my blood remains in me and I in him." (John 6:56) By partaking in the Eucharist, the source and summit of the Catholic Faith, we are becoming one with the Body of Christ. One with Christ and one with each other as the Church.

At this time, I am uncertain about many things. I am not sure if St. Pius X Catholic School will be back in session at all this year, and I am not sure if our Faith Formation program will have a chance to meet again this year. With Holy Week approaching soon, I am even unsure about the status of the Easter Triduum and the celebrations we typically enjoy to rejoice in the Resurrection of Jesus Christ.

*With all of that being said, I do have **great hope** that our First Holy Communion Masses will be celebrated with **great joy** and that your sons and daughters are anticipating receiving the Blessed Sacrament for the first time!*

Because our retreat was cancelled and Faith Formation and school have been suspended, we have put together some work for you all to do from home to prepare for First Holy Communion. These activities are based on recommended lessons by our teachers, catechists, and Monsignor.

This packet will help your son or daughter learn so much about the Eucharist. They will come to understand what it means when we say that Jesus Christ is “substantially” present in the Eucharist. “The Eucharist is the Body and Blood, Soul and Divinity of Jesus Christ; it is Christ himself.” (CCC 1324) They will also come to understand how the Mass prepares us to receive this gift of love. I hope that you, too, discover along the way that the Eucharist really is a gift for us all. May you come to see through the eyes of your child, the reality of God’s love made flesh.

If you have any questions about what is contained in this packet, the information that is provided about the First Holy Communion Masses, or anything else, please do not hesitate to reach out to me at any time.

In Christ,

A handwritten signature in black ink that reads "Lindsay M. Kohl". The script is cursive and fluid, with the first letters of each word being capitalized and prominent.

Lindsay Kohl
Director of Formational Ministries
Sacramental Preparation
St. Pius X Catholic Church
Know . Love . Serve

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PARENT & CHILD EXPECTATIONS

- **Parents should plan on leading** their children through the lessons. Help them complete the worksheets to turn in. Now, more than ever, it is important that you take an active role in preparing your child to receive this important Sacrament of the Eucharist – the Source and Summit of our Catholic Faith.
- **Children should plan on working** on each of these activities and completing the First Holy Communion Journal as well. These lessons and the journal will help prepare you to open your heart fully to the love of Jesus Christ and his presence in the Eucharist.
- **Banners will be provided for your children!** Please see the First Communion Instructions page for more information on how to pick up your banner kit.
- These lessons and activities are designed to be spaced out over several weeks so they are not overwhelming to complete all at once. ***Please do not leave them all until the last minute!***
- **PRACTICE, PRACTICE, PRACTICE** receiving the Sacrament. Use a cup of grape juice and maybe some small crackers and help your sons and daughters practice receiving the host and chalice like they will at their First Holy Communion. *More instructions for this can be found in the First Communion Info section of this packet.*



PACKET CONTENTS

- **Parent Letter and Expectations**
- **Lesson and Pacing Guide**
- **First Holy Communion Notes and Instructions** (This includes practice times, information about attire, Mass “parts” for the kids, and more. Please read this over in its entirety.)
- **Religious Ed Activities** (These are designed to make up for what they are missing by not attending Faith Formation and school, but have been pared down to be specific to receiving the Eucharist in May.)
PLEASE SEE THE PACING GUIDE BELOW. THESE ARE ALL DUE AT YOUR CHILD’S PRACTICE ON MAY 5 or MAY 7.

LESSON & PACING GUIDE

Lesson Name	Pages	Suggested Completion Date
Old Testament Roots of the Eucharist Part 1	203-208	March 29
Old Testament Roots of the Eucharist Part 2	209-214	April 5
The Eucharist is Jesus’ Body and Blood	215-226	April 12
The Mass as a Sacrifice	227-236	April 19
Transubstantiation	237-246	April 26
How to Receive Holy Communion	247-256	May 3
First Communion Journal (ongoing)	297-310	May 3

ANSWERS & INSTRUCTIONAL GUIDE FOR PARENTS

- Most of the lessons in this packet are self-explanatory or answers can be found in-text. In other words, there is some reading that will need to be done, and questions to be answered directly from the text.
- I am including some of the catechist guide pages to help you guide your children through these lessons. There is also an overview of the Catechism references and Scriptural references for you to look at with your child, if you so desire.
- The journal pages are designed to be spread out among each lesson. Please see the sections titled "Student Pages and Answers" to see which one goes with which lesson. You can use them as directed, or separately.
- The artwork included with each lesson can be used with the following critical thinking questions:
 - What do you first notice about this work of art?
 - What images/people are in the picture?
 - What do you think is happening?
 - Do you notice anything about the colors or lighting that might be important?

If you have any questions about any lessons or items in this packet, please feel free to email me at any time at lkohl@stpiusxnc.com.

FIRST HOLY COMMUNION NOTES & INSTRUCTIONS

DATE: As of today, First Holy Communion is still on, as scheduled. The date for First Holy Communion is **Saturday, May 11**. There are two different Mass times. *If this date should change or be rescheduled for any reason, I will let you know as soon as possible. This is the most up-to-date information I have.*

TIME: If you have not yet selected your MASS TIME (10:00 am or 2:00 pm) please email Lindsay Kohl immediately. You will need to choose your Mass time and provide a head-count of family members that you expect to attend.

PRACTICES: Your child MUST attend a mandatory practice the week before First Holy Communion.

- If your child is participating in the 10:00 AM Mass, his/her practice will be on **Tuesday, May 5 at 6:00 PM**.
- If your child is participating in the 2:00 PM Mass, his/her practice will be on **Thursday, May 7 at 6:00 PM**.

BAPTISMAL CERTIFICATES: If you have not yet turned in a copy of your child's baptismal certificate, you will need to do that IMMEDIATELY to Wendy Barber at wbarber@stpiusxnc.com. If your child was baptized at St. Pius X, please email her with the date and she will look it up.

ATTIRE: Please note the following guidelines for First Holy Communion attire:

- **Girls**
 - A dress and dress shoes are required, stockings optional
 - NO spaghetti straps or halter necklines
 - Color: white, off-white, or a variation of a solid, light color is okay
 - Veils are not required; bows, headbands, or hairclips are okay
- **Boys**
 - Dress slacks and a jacket are required, dress shoes required
 - NO sneakers or jeans
 - The suit/jacket can be any neutral color (white, black, beige, navy) or you can have a sport-coat with khaki pants
 - Bowties or neckties are acceptable
- **Family Members & Guests**
 - Please remember that this is a very special occasion and your attire should reflect that. Immediate family will come up to

receive with their child, so please do not wear anything too short or revealing as you will be approaching the altar and Monsignor.

PICTURES: We have a photographer, Keith, from Picture Man Studios that will be at the church on the day of First Holy Communion. He will have order forms available for pictures on the altar of your son/daughter, and he will also capture a photo of your child receiving for the very first time.

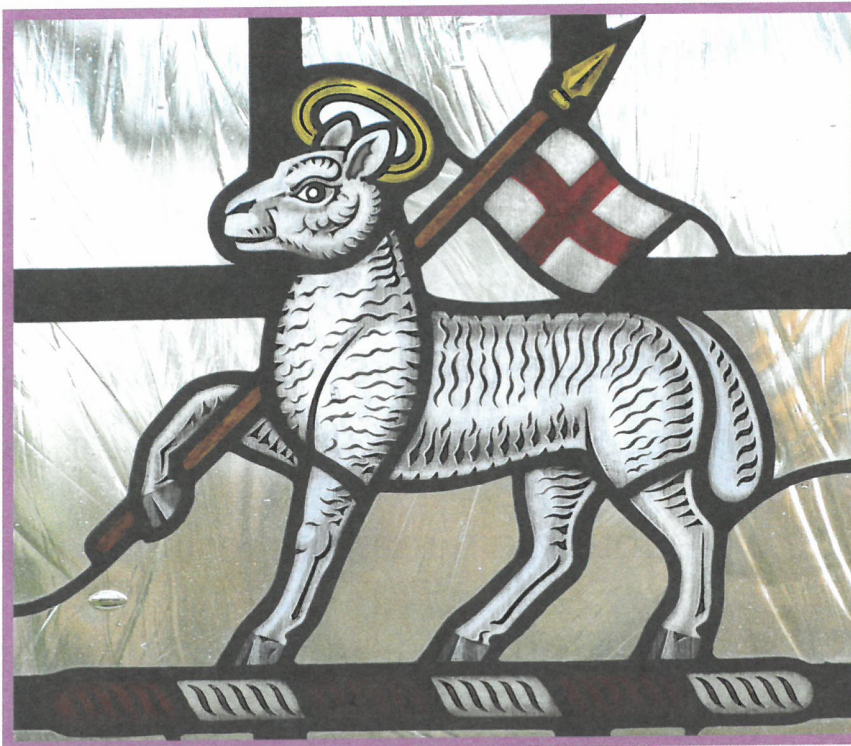
MASS PARTICIPATION: In years past, the children have all been assigned a part/role to play in the Mass. Some children have served as lectors, some have brought up the gifts, and others have been asked to sing. This year, we are hopeful that we will be able to assign parts and keep our First Holy Communion Mass the same and as beautiful as it has always been. As soon as we get through Easter, the teachers, catechists, and our Faith Formation department will work on assigning kids their parts and emailing parents with that information.

BANNERS: *First Communion Banner Kits will be available to pick up in the Lobby of the St. Pius X Simmons Parish Center on **Sunday, April 5 from 9:00 – 11:00 am ONLY!*** Please send someone on behalf of your family to pick up your child's banner at the parish office. If you cannot come during this time, please email Lindsay Kohl (lkohl@stpiusxnc.com) with your child's name and address and we will mail you your banner kit.

The Lamb of God

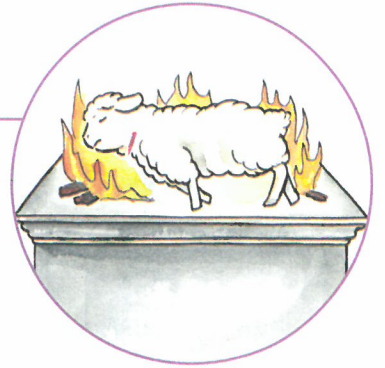


The Sacrificial Lamb by Josefa de Ayala



Paschal Lamb with Flag

Reasons for Sacrifice



Directions: Read about the reasons for sacrifice. Then answer the questions.

In ancient times, people offered animal sacrifices to God. A sacrifice is the act of giving up something freely. For example, we might give up eating candy during Lent. We offer that sacrifice to God.

An animal sacrifice was different. Instead of a person giving up something, the sacrificial animal was killed. Its life was offered to God. Sometimes the animal was cooked and eaten. Other times the animal's body was burned.

One of the most common sacrificial animals was a lamb. A lamb is an animal that follows and obeys its shepherd. Its white color represented innocence. Therefore, lambs were a favorite animal for sacrifice.

There were four main reasons for animal sacrifice.

1. **To praise God:** God is good and rules over all of creation. He made everything, including

the animal being sacrificed. Its sacrifice was to give back to God what was His.

2. **To thank God:** God gave us all that we have. To show thanks to God, we can give back to God only what He has already given us. The animal sacrifice was a gift of thanks to God.
3. **To begin a new thing:** When two or more people would make an agreement or begin a new relationship, an animal sacrifice was made. The sacrifice was a symbol. It showed how serious the new agreement or relationship was.
4. **To show sorrow for sins:** This was the most common reason for animal sacrifice. Sacrificing an animal led the people to repent of their sins. It helped them to know they needed forgiveness. The price for sin is death. Even though we all owe this price, it is too much for anyone to pay. Only Christ's perfect self-sacrifice on the Cross could take away our sins.

The practice of animal sacrifice was a tradition that people participated in to symbolize important moments in their lives. The sacrifices brought about God's blessing in their lives.

We do not offer animal sacrifices anymore today. But we are not that much different from ancient people. We still praise God. We still give Him thanks. We still celebrate new beginnings. And we still show sorrow for our sins. We even still use symbols and traditions during these important moments in our lives.

1. What is a sacrifice?

2. How are animal sacrifices different from things we simply give up?

3. Why was the lamb a common sacrificial animal?

4. What were the four main reasons for animal sacrifice?

Reflection Question

We are not that much different from our ancient ancestors. What are some symbols and traditions we use to mark the important moments of our lives? (For example, what are some symbols and traditions we use during Christmas or Thanksgiving?)

The Sacrifice of Isaac

by Caravaggio



The Passover

Directions: Read about the first Passover.
Then answer the questions.



The people of Israel had been slaves in Egypt for hundreds of years. The Egyptians were cruel to the Israelites. The Israelites had waited for a long time to be set free from their slavery.

God sent a man named Moses to finally free His people. Moses went to the leader of Egypt, the pharaoh, and demanded that the Israelites be set free. The pharaoh refused. So God sent nine plagues as a sign to the Egyptians of His power. Each plague was worse than the previous one. God turned the Nile River to blood. He sent swarms of frogs and different insects. All of the Egyptians' livestock were killed. And all of Egypt was covered in darkness.

God told Moses that He would send a tenth and final plague to make the pharaoh listen. This time, the Israelites had to do something to protect themselves against what was coming.

First, each family had to sacrifice a year-old male lamb.

Then they had to spread its blood on the doorposts of their homes.

Next, they had to share a meal of unleavened bread (a flat bread made of dough that had not risen), wine, and bitter herbs.

During the meal, they had to eat the roasted meat of the lamb.

That night, after all had eaten and gone to bed, the Lord would go through Egypt and strike down the firstborn of every family in Egypt unless they followed these instructions.

God said that “the blood of the lamb will be a sign for you, upon your homes; and when I see the blood, I will pass over you, and no plague will fall upon you to destroy you, when I strike the land of Egypt.” This sign that God had given His people would save them from the final plague and allow them to be free.

Moses told the people that God had commanded them to remember this night always. They would call it

Passover because on this night God passed over their homes and saved them from death.

After the final plague, the pharaoh finally agreed to let the Israelites go free to be their own people.

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1. Why did the Israelites want to leave Egypt?

2. How many plagues had there been before the Passover?

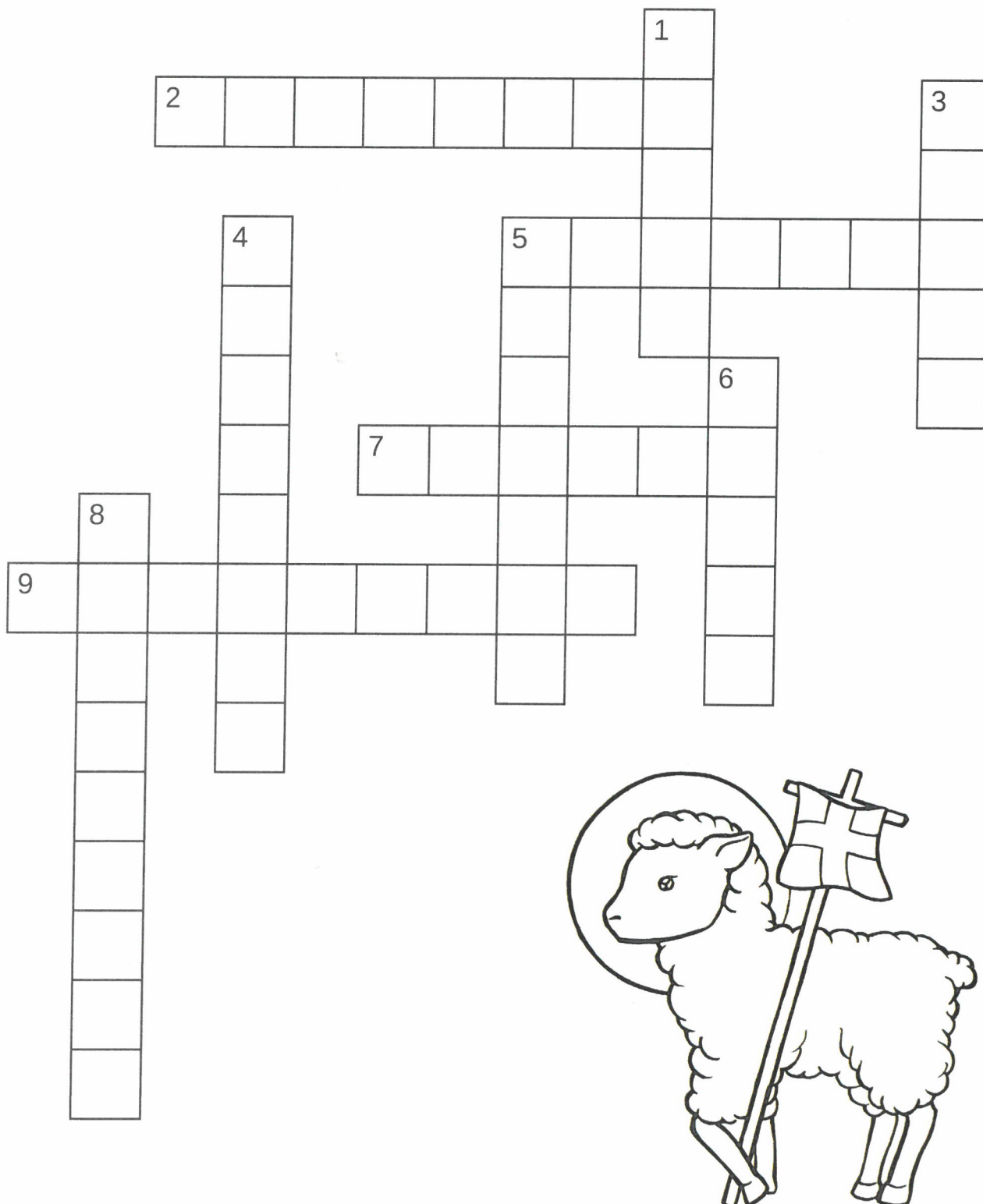
3. Why did God send the plagues?

4. What are the instructions the Israelites had to follow?

5. What is the sign that God spoke of, and what would it do?

6. Why would the Israelites have to remember the night of Passover always?

The Passover Lamb Crossword



ACROSS

2. The celebration of God saving His people from the final plague in Egypt
5. Signs sent by God to show His power to Egypt
7. The people of God who were slaves in Egypt
9. Jesus is the _____ whose sacrifice on the Cross freed us from sin and spiritual death.

DOWN

1. Part of the Passover meal shared by the Israelites was to eat unleavened _____.
3. The man God sent to free His people from slavery in Egypt
4. "To become one with again"
5. The leader of Egypt
6. The Israelites had to spread the _____ of a sacrificed lamb on their doorposts.
8. To give something up freely and willingly

Feeding the Five Thousand

by Marten van Valckenborch



The Multiplication of the Loaves and the Fish Comic Strip

<p>Jesus took the loaves and the fish. He said the blessing, broke the bread, and gave it to His disciples to pass out to the crowds.</p>	<p>The Apostles told Jesus that they only had five loaves of bread and two fish.</p>	<p>Jesus taught the crowd who had followed Him, and He healed people.</p>
<p>Jesus had the crowd sit down in groups of 50.</p>	<p>All of the people ate and were filled. The disciples picked up 12 baskets of leftover bread.</p>	<p>It was late, and the crowd was hungry. Jesus told the Apostles to give them food to eat.</p>

The Real Presence Fill-in-the-Blank

Directions: Fill in the blanks with the correct answers from the word bank.

Word Bank

Blood	Last Supper
Thanksgiving	Body
Souls	Bread
Real Presence	Loaves and Fish
Sign or Symbol	Eternal

1. Jesus gave us the gift of the Eucharist at the _____.
2. In the Eucharist, the bread is changed into the _____ of Jesus Christ.
3. In the Eucharist, the wine is changed into the _____ of Jesus Christ.
4. The miracle of the Eucharist was prefigured by the miracle of the _____.

5. The Eucharist is not just food for our bodies, but food for our _____.
6. Jesus taught His disciples that He is the _____ of Life.
7. The Eucharist is true food and true drink that will give us _____ life.
8. The Eucharist is not a _____.
9. The Eucharist is the _____ of Jesus.
10. The word *Eucharist* means _____.

The Last Supper and the Mass

Directions: Draw lines to match the parts of the Last Supper with the parts of the Holy Mass.

The Last Supper

The Apostles gathered around the table.

The bread and wine become the Body and Blood of Christ.

Jesus said, "This is my Body. ... This is my Blood."

The Apostles received and ate the Eucharist.

The table

The Holy Mass

The priest says, "This is my Body. ... This is my Blood."

The bread and wine become the Body and Blood of Christ.

We receive and eat the Eucharist.

The altar

The people of God gather around the altar.

The Eucharist

Directions: Read about the Eucharist. Then answer the questions.



Soon you will receive the Eucharist for the first time! Your First Communion is an important moment in your life as a Christian. It is important to learn all that you can about the Eucharist. That way, at your First Communion, when you say “Amen,” you will really mean “I do believe.”

There are two essential elements, or necessary parts, for the bread and wine to be changed into the Holy Eucharist at Mass. They are:

1. Bread and wine. The bread must be made of wheat, and the wine must be made from grapes. Nothing else can ever be used for the Eucharist.
2. The words of Consecration spoken by the priest. Consecration, in this case, means blessing. The words of Consecration are the words Jesus said at the Last Supper to change the bread and wine into His Body

and Blood. These words are: “This is my Body, which will be given up for you” and “This is the chalice of my Blood.”

Only an ordained Catholic priest may preside over, or lead, the Mass. Only he can consecrate, or bless, the bread and wine so that they become Jesus’ Body and Blood. We call the priest the minister of the Eucharist.

The recipient of the Eucharist is the person who receives it. Not everyone can receive the Eucharist.

The recipient must be:

- a baptized Catholic.
- prepared to receive the Eucharist. That means a recipient must have examined his conscience and fasted from food and drink for at least an hour before receiving Communion.
- in a state of grace, which means being without mortal sin.

The Eucharist changes us! Receiving the Eucharist causes many good things to happen in our souls.

Some of these good things are:

- We grow closer to Jesus.
- We are given God's grace.
- Our venial sins are forgiven.
- It helps us to avoid committing mortal sin.
- It makes our love for God and for others stronger.
- It helps us to be good and kind to others.
- It makes our relationship to the Church stronger.

When we receive the Eucharist, we are receiving Jesus Himself. We invite Jesus to come and dwell in us. By this amazing miracle, God Himself is with us. We are truly blessed to be able receive Him!

1. Why is it important to learn all that you can about the Eucharist?

2. What are the words of consecration?

3. Who is the minister of the Eucharist?

4. What do we call the person receiving the Eucharist?

5. What three things must the recipient of the Eucharist be?

6. What are two ways in which receiving the Eucharist changes us?

Liturgy of the Word

Directions: Read about the Liturgy of the Word.

The Liturgy of the Word is the first part of the Mass. We hear the written word of God in the Liturgy of the Word. We also pray together as God's people. The Liturgy of the Word has many parts. Let's learn about some of the most important parts.

Readings from Scripture: Sunday Masses have four readings from Scripture.

1. **The First Reading:** Usually a Bible reading from the Old Testament. The Old Testament announces that Christ is coming for our salvation. The stories of the Old Testament help to prepare us for salvation.
2. **Responsorial Psalm:** A psalm is a song meant to be sung in worship. There are 150 psalms in the Old Testament. At Mass, the song leader invites us to sing a line from a psalm together as a Church.

3. **Second Reading:** A reading from the New Testament, other than the Gospels. The New Testament is about Jesus and His Church. The stories of the New Testament we hear in the second reading tell us about how the early Church shared the Good News of salvation with others.
4. **Gospel:** A reading from one of the four Gospels in the New Testament: Matthew, Mark, Luke, or John. The Gospels tell the story of Jesus' life. They are the most important part of the Liturgy of the Word.
5. **Homily:** After the Gospel, the priest teaches us about the readings from the Bible and invites us to follow Jesus.
6. **Profession of Faith:** After the homily, we stand together as a Church and say the Nicene Creed. The Nicene Creed is a prayer that states all that we believe as Catholics.
7. **Prayer of the Faithful:** Together as a Church we pray for our needs and the needs of the world.

Liturgy of the Word

Fill-in-the-Blanks

Directions: Fill in the blanks, matching the parts of the Liturgy of the Word to their definitions.

Word Bank

Second Reading	First Reading	Homily
Profession of Faith	Responsorial Psalm	Prayer of the Faithful
	Gospel	

1. _____ A reading from the Old Testament.
2. _____ We pray for our needs and the needs of the world.
3. _____ A reading from the New Testament about the early Church.

4. _____ A story from the Bible all about Jesus' life.
5. _____ A prayer that states what we believe.
6. _____ A song from the Old Testament sung in worship.
7. _____ A teaching from the priest.

Adoration of the Lamb

by Jan van Eyck



Liturgy of the Eucharist

Directions: Read about the Liturgy of the Eucharist.

The Liturgy of the Eucharist is the second part of the Mass. The Liturgy of the Eucharist is the heart of the Mass. During this part of the Mass, the priest acts *in Persona Christi Capitas*, which is Latin for “in the Person of Christ the Head.” That means that Jesus Himself works through the priest to change the bread and wine into the Body and Blood of Jesus. Then we receive Christ in the Eucharist. The Liturgy of the Eucharist has many parts. Let’s learn about some of the most important parts.

1. **Offertory:** A few people are chosen to bring the bread and wine to the altar as gifts. We also give money to help the Church and the poor. The priest gets the altar ready and prays over the gifts. During this time, our own prayers are given to God.
2. **The Eucharistic Prayer:** This prayer has a few parts. The priest prays a special prayer of thanksgiving. He asks the Father to send His Holy Spirit to bless the bread and the wine. Then

the priest repeats the words of Jesus at the Last Supper. The bread becomes the Body of Christ, and the wine becomes the Blood of Christ. During parts of the Eucharistic Prayer, we kneel to show our reverence.

3. **Holy, Holy, Holy:** The Church praises God together. The words of this prayer are the same words the people of Jerusalem prayed when Jesus came into the city before He was crucified.
4. **The Mystery of Faith:** The Church states that we believe that the Eucharist is a memorial of Christ's suffering and Death.
5. **Lord's Prayer:** The Church prays the prayer that Jesus taught us.
6. **Sign of Peace:** The priest offers us a sign of peace, and we may also offer a sign of peace to our neighbors.
7. **Lamb of God:** The Church prays for the mercy and peace of Christ.
8. **Holy Communion:** We go up to the altar and receive the Eucharist. This moment is the highest point of our Christian worship.

Liturgy of the Eucharist

Fill-in-the-Blanks

Directions: Fill in the blanks, matching the parts of the Liturgy of the Eucharist to their definitions.

Word Bank

Lamb of God	Holy, Holy, Holy
Eucharistic Prayer	Offertory
Lord's Prayer	Mystery of Faith
Sign of Peace	Holy Communion

1. _____ The gifts of bread and wine are brought to the altar.
2. _____ The priest prays special prayers and repeats the words of Jesus at the Last Supper.
3. _____ The Church praises God together.

4. _____ We state that we believe the Eucharist is a memorial of Christ's suffering and Death.
5. _____ We pray the prayer Jesus taught us.
6. _____ We receive and may offer each other a sign of peace.
7. _____ We pray for the mercy and peace of Christ.
8. _____ We receive the Eucharist.

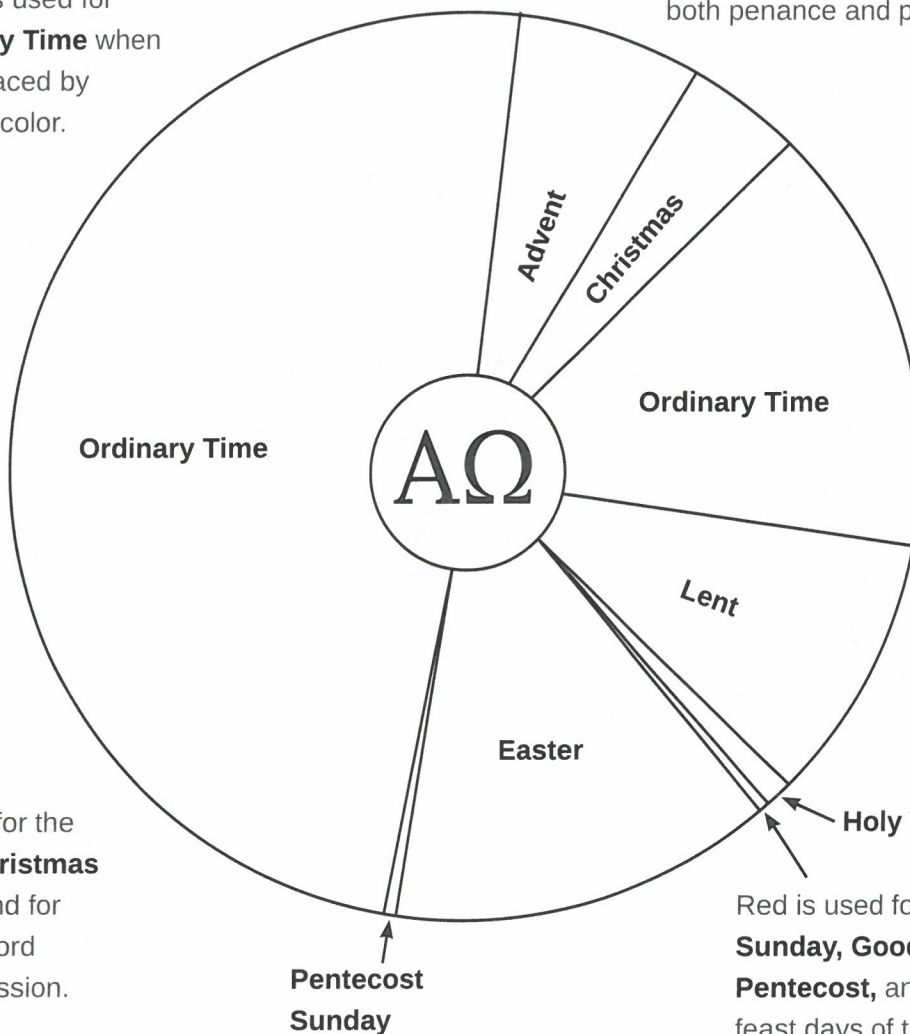
Liturgical Seasons and the Mass

Directions: Color the sections of the liturgical calendar the correct colors. Then color the vestments the correct colors for each liturgical season.

Advent begins the Liturgical Year. Purple is used for both **Advent** and **Lent**. It symbolizes both penance and preparation.

Green is used for **Ordinary Time** when not replaced by another color.

White is used for the seasons of **Christmas** and **Easter**, and for feasts of our Lord outside the Passion.



Red is used for **Palm Sunday, Good Friday, Pentecost**, and for the feast days of the Apostles and martyrs.

Ordinary Time



Advent



Christmas



Lent



**Palm Sunday, Good Friday,
Pentecost, Feasts of Martyrs**



Easter



The Wedding at Cana

Stained-Glass Window



Jesus' First Miracle

Directions: Read about Jesus' first miracle at the Wedding at Cana. Then answer the questions.

Do you remember the story of Adam and Eve? Even though they turned away from God's love, God promised to send a Messiah to save them from sin. The Messiah, or Christ, would be the Savior of God's people.

The story of the Wedding at Cana teaches us that Jesus is the Messiah. He is the one God sent to save us. This story teaches us about Jesus the Messiah in three ways.

First, Jesus performs His first miracle. He changes water to wine. None of us can change something into something else. But Jesus can. He is God and is all powerful. Jesus' first miracle shows that He is God and has the power to change anything He wants.

Second, wine was a sign of the Kingdom of God. The prophets of the Old Testament compared the

Kingdom of God to a great feast. The feast of the Kingdom had more food and wine than we could ever want! When Jesus changes the water into wine, He makes more than is needed. And it is the best wine that the people at the wedding have tasted. This is a sign of God's Kingdom!

Third, the Bible compares God's Kingdom to a wedding feast. If you've ever been to a wedding, you know that they are full of joy and love. A wedding celebrates the love between two people. Jesus loves us more than a husband and wife love each other on their wedding day. He loves us so much that He died for us.

Jesus began His public ministry with a miracle. He changed water into wine. This miracle told the world that He was the Messiah, our Savior.

Jesus ended His public ministry with another miracle. At the Last Supper, He changed bread into His Body, and He changed wine into His Blood. On the next day, He died on the Cross. He poured out His Blood to save us from sin. He did what He promised He would do.

1. What does the Wedding at Cana teach us about Jesus?

2. What does Jesus' first miracle show about Him?

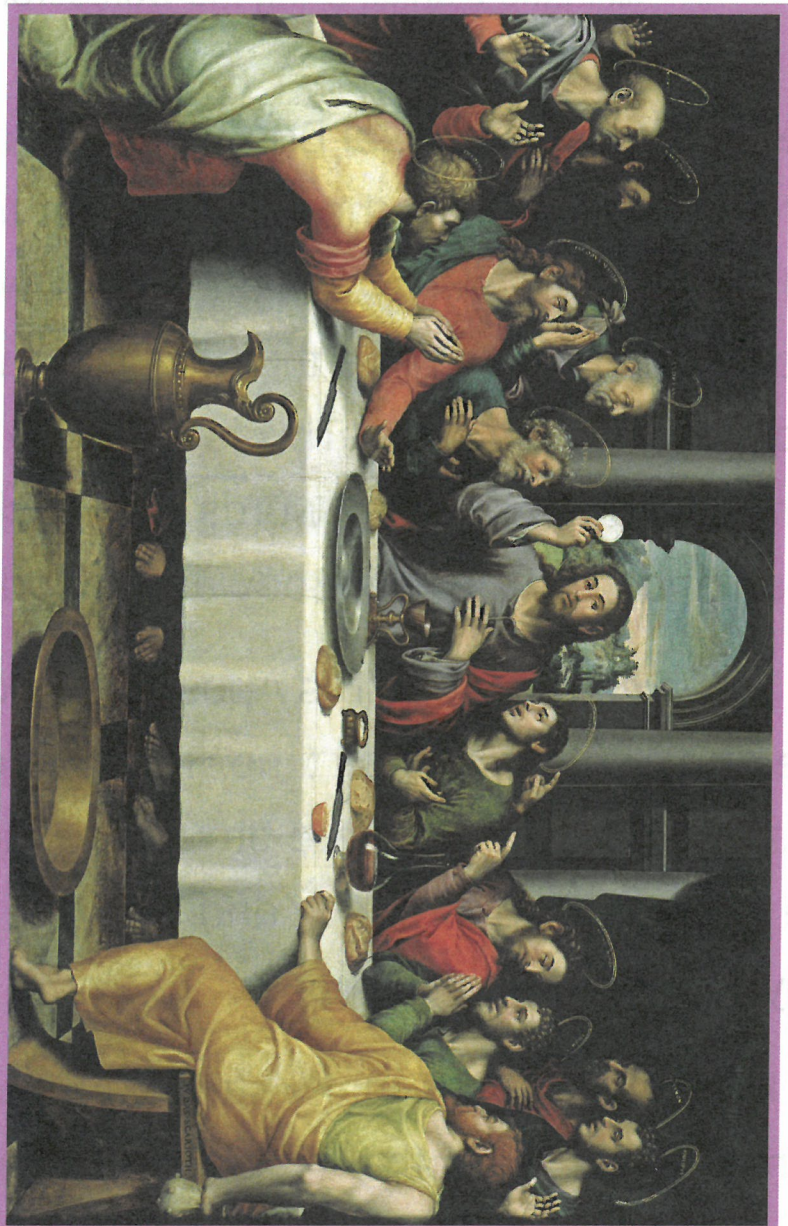
3. To what did the prophets of the Old Testament compare the Kingdom of God?

4. How did Jesus begin His public ministry?

5. How did Jesus end His public ministry?

The Last Supper I Spy

by Vicente Juan Masip



I Spy List

Find, circle, and label all of the following:

Jesus, the Eucharist, the chalice, a loaf of bread, a bottle of wine, a plate, a halo, the Apostle who is pointing to Jesus, the Apostle who is kneeling, a small bowl, a knife, a large bowl (or bucket) used for washing feet, a large jar of water

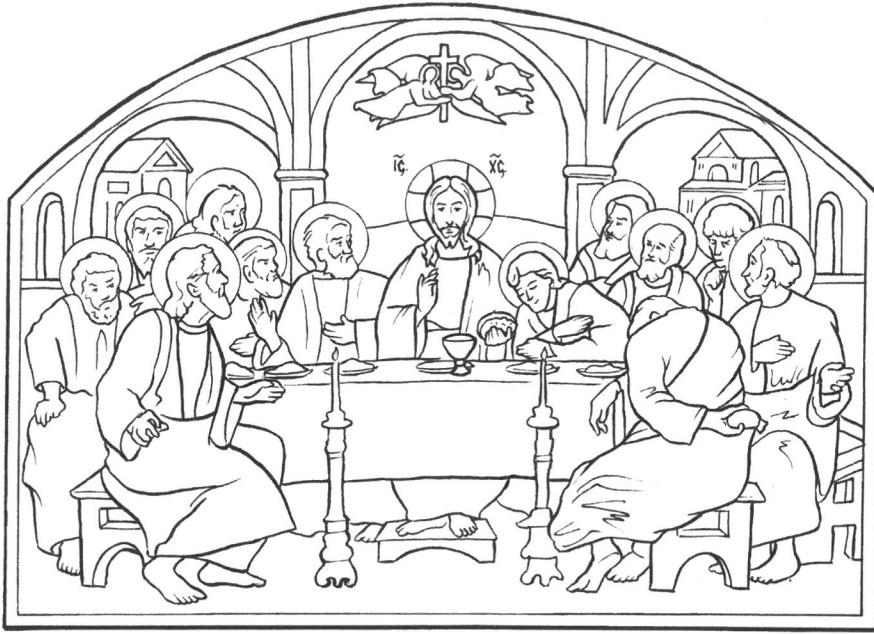
The Eucharist and the Last Supper

Directions: Read about the Eucharist and the Last Supper. Then fill in the blanks, using the words from the Word Bank.

The Eucharist is the real Body and Blood of Jesus Christ. Jesus gave us the Eucharist for the first time at the Last Supper. He took bread and wine. He said a blessing. He gave the bread and wine to His Apostles. And He said, “This is my Body” and “This is my Blood.” With these words, Jesus changed the bread and wine into His Body and Blood.

Jesus commanded His Apostles to continue to offer the Eucharist for all time. Today at every Mass, gifts of bread and wine are brought to the altar. They are changed into the Body and Blood of Jesus, just as they were at the Last Supper.

How could Jesus make such a miracle happen? Remember Jesus’ other miracles. He changed water into wine at a wedding. He multiplied five loaves of bread and two fish so that they could feed a crowd of 5,000 people. He even brought people back to life after they had died! If Jesus could do these amazing



things, why couldn't He change bread and wine into His Body and Blood?

The Eucharist still looks, feels, tastes, and smells like bread and wine. Even so, it is no longer bread and wine. The bread and wine have become the real Body and Blood of Jesus.

At the Last Supper, Jesus gave His Apostles the power to change the bread and wine into His Body and Blood. He told them to do as He had done for them. Bishops and priests continue the work of the Apostles today. They too have been given the power to change the bread and wine into His Body and Blood.

During Mass, the bishop or priest prays for the blessing of the Holy Spirit. Then he says the words of Consecration. These are the same words Jesus said at the Last Supper when He gave us the Eucharist. It is not the priest who changes the bread and wine into Jesus' Body and Blood, but rather Jesus Himself working through the priest.

The Eucharist is a great miracle! The God of the universe gives us His own Body and Blood in the Eucharist so that He can be with us and bring us to eternal life.

1. The _____ is the real Body and Blood of Jesus Christ.
2. Jesus gave us the Eucharist for the first time at the _____.
3. Jesus commanded His Apostles to continue to _____ the Eucharist for all time.
4. At every _____ the gifts of bread and wine are changed into Jesus' Body and Blood.

5. Jesus changed water into _____ at a wedding.
6. Jesus multiplied _____ and fish to feed a crowd of 5,000.
7. Jesus brought the dead back to _____!
8. Jesus gave His _____ the power to change the bread and wine into His Body and Blood.
9. _____ and priests continue the work of the Apostles.
10. The words of _____ are the words Jesus said at the Last Supper.
11. The Eucharist is a great _____!

Word Bank

Last Supper

Apostles

Bishops

Miracle

Life

Eucharist

Offer

Bread

Consecration

Wine

Mass

Transubstantiation

Directions: Trace the words as your teacher explains what each one means. Then write a definition in your words.

substance

accidentals

transubstantiation

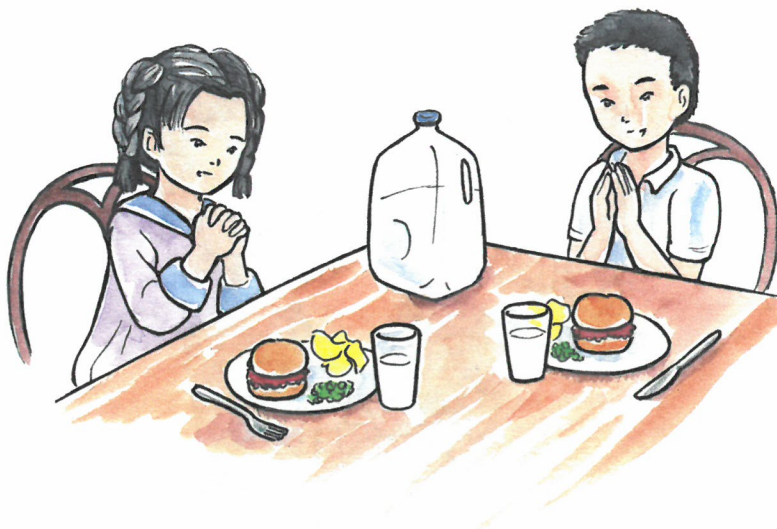
Spiritual Exercises

Directions: Read the list below and decide whether each thing helps your relationship with Jesus or hurts it. Then, if it is something that hurts your relationship with Jesus, rewrite the statement so that it is something that helps your relationship with Jesus.

1. Going to Mass on Sunday (**helps** or **hurts**).

2. Receiving the Sacrament of Penance and Reconciliation (**helps** or **hurts**).

3. Praying before meals (**helps** or **hurts**).



4. Sleeping in on Sunday and skipping Mass (**helps** or **hurts**).

5. Giving gently used clothing to a homeless shelter (**helps** or **hurts**).

6. Playing with your toys at home instead of visiting a sick relative in the hospital (**helps** or **hurts**).

7. Making fun of a classmate (**helps** or **hurts**).

8. Praying a Rosary together with a friend (**helps** or **hurts**).



Guide for Receiving Holy Communion

Before going to Mass

- Read or listen to the readings from Scripture for that day, especially the Gospel. The Church asks us to prepare for Mass in this way. Then, when we hear the readings proclaimed at Mass, we are familiar with the stories. We are better able to think about what God is trying to say to us in our own lives.
- Make sure that you have not eaten for at least an hour before you will be receiving Communion. This is called a Eucharistic fast. Also, make sure that you are free of any mortal sin.
- If you know that you have committed serious sin, go to the Sacrament of Reconciliation to receive God's forgiveness before going to Mass.
- Think of a special intention to pray for during Mass: someone you know who has recently died, a loved one who is sick, thanksgiving to God for something good in your life, and so forth.

Go to Mass with your family

Go to Mass with your family. While at Mass, try to keep your thoughts focused on the mystery you are encountering. Let the beauty of the sacred music fill your heart.

Remember to:

- **Pray, listen, sing, and respond** with the congregation. Remember that being silent is also an important way to be with God and hear His voice, and the Mass is no exception! There is a reason for everything we do at Mass. If you don't know the reasons, ask your parents, parish priest, or teacher.
- During the Offertory, when the gifts of bread and wine are brought to the altar, **pray that your own gifts and talents may be offered to God as a gift to Him**, along with the bread and wine.
- During the Eucharistic Prayer, **pay attention and show respect and reverence.**



Steps for receiving Holy Communion



Step 1. When it is time to receive Communion, **process to the altar** with your hands folded in front of you. Remain prayerful as you approach the altar.



Step 2. When it is your turn to receive Communion (or right before your turn) **make a gesture of reverence** for the Real Presence of Christ in the Eucharist. A deep bow at the waist is recommended, but some may choose to genuflect or to receive Communion while kneeling.



Step 3. The priest, deacon, or extraordinary minister of Holy Communion will hold up a Communion Host in front of you and say: **“The Body of Christ.”** You respond: **“Amen.”** “Amen” means “I believe.” At this moment, you are telling Jesus that you believe in His Real Presence in the Eucharist being given to you.

Step 4. Receive the Communion Host. The ordinary way to receive Communion is on your tongue. You may also receive Communion in your hand.



If you choose to receive
Communion on your tongue:

Keep your hands folded in front of you. Tilt your head slightly upward, and open your mouth. Put out your tongue far enough for the priest, deacon, or extraordinary minister of Holy Communion to place the Communion Host on your tongue. Then bring your tongue and the Communion Host into your mouth.

If you choose to receive **Communion in your hand:**

First, be sure that your hands are clean. Remember, you will be holding in your hands the Body of Christ. If your hands are not clean, it is better to receive Communion on your tongue.

Place your dominant hand underneath your less dominant hand to make a bowl or vessel for the Communion Host to be placed.

- If you are right-handed: Place your left hand on top of your right hand.
- If you are left-handed: Place your right hand on top of your left hand.



Respectfully extend your cupped hands out and slightly upward toward the priest, deacon, or extraordinary minister so that he or she is able to place the Communion Host in your hands. Never reach out to take the Host.

After you have been given the Communion Host, immediately place the Host in your mouth using the bottom hand.

Step 5. Step to the side of the priest or extraordinary minister and, while still facing the altar, **make the Sign of the Cross.**

Important note: always immediately eat the entire Communion Host given to you. Do not take it back to your seat. Do not put it in your pocket. Do not save it for later.

Steps for receiving the Precious Blood

Step 1. If you choose to do so, stand in line to receive the Precious Blood of Christ. When it is your turn to receive the Precious Blood (or immediately before your turn) make a gesture of reverence for the Real Presence of Christ in His Precious Blood. A deep bow at the waist is recommended.

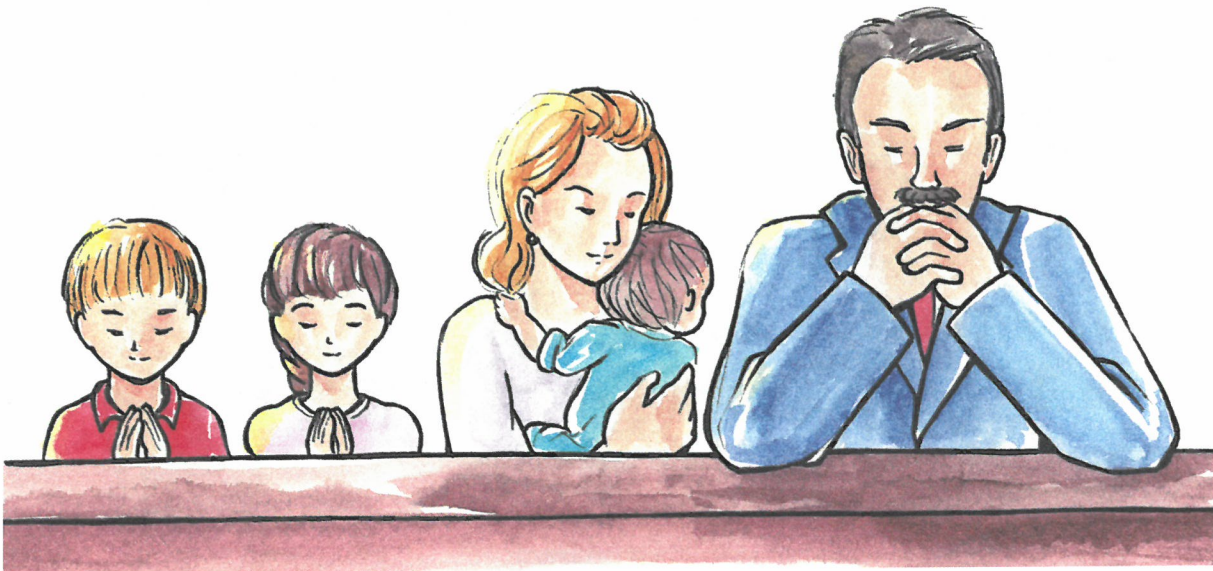
Step 2. The priest, deacon, or extraordinary minister of Holy Communion will hold a chalice or cup out to you and say: “The Blood of Christ.” You respond: “Amen.” Take the chalice or cup with both of your hands. Bring the chalice or cup to your mouth and take a small sip of the Precious Blood of Christ, being very careful not to spill any.



Step 3. Step to the side of the priest, deacon, or extraordinary minister and, while still facing the altar, make the Sign of the Cross.

After receiving Holy Communion

- **Reverently return to your seat and kneel in prayer.** It is good to remain kneeling until the sacred vessels have been purified and any remaining consecrated Communion Hosts have been placed in the tabernacle. While praying, think about what you have just received: Holy Communion, the Body and Blood of Jesus Christ, the Real Presence of Our Lord and Savior. He now dwells within you. Thank Him for this great gift of love.
- **Respectfully and fully participate in the remaining prayers, responses, and songs of the Mass.** Then, the priest will say, “Go in peace to love and serve the Lord.” Jesus Christ has just fed you with His Body and Blood and now dwells within you. Rejoice and be glad!



Adoration



My First Communion Journal



NAME



I Wonder...

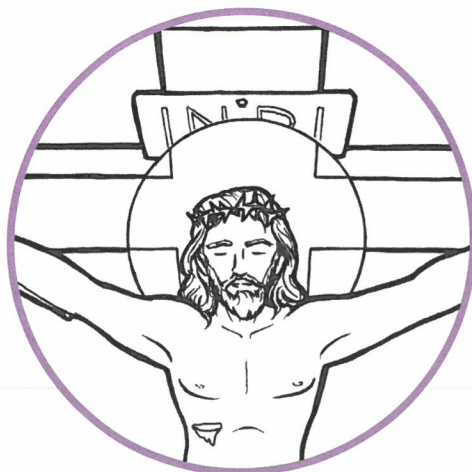
Soon you will receive your First Holy Communion. The Eucharist is a great gift that Jesus gives to us. On the lines below, write about three things that you wonder about the Eucharist and receiving Holy Communion at Mass.



The Lamb of God

Jesus is the Lamb of God. He sacrificed Himself on the cross to save us from sin. He has set us free! Think about Jesus' sacrifice. On the lines below, answer the following question:

What does Jesus' sacrifice on the Cross mean to you?





The Bread of Life

Write about what you have learned about the importance of bread in the story of salvation.

Then color the picture of Jesus.





The Living Bread

How does Jesus' miracle of the loaves and the fish help us to understand the Last Supper?



How is the Last Supper like the Mass?

Why do you think it is important that Jesus gives us His Body and Blood to eat and drink?



I Remember

Write about a special memory of a time you spent with your family. Describe who you were with, where you were, and what happened. Why is this memory special to you?



Invitation to Mass

Create an invitation for someone to go to Mass. In your invitation, include the name of your church, the Mass times, and three reasons why Mass is so special. Illustrate the invitation with drawings of the Mass.

A large, empty rectangular box with a thin purple border, intended for a student to draw an illustration related to the Mass. The box occupies the lower half of the page.





Water to Wine

At the Wedding at Cana, the servants had jars of water. They gave them to Jesus and He changed the water into wine.

In our own lives, our gifts and talents are like the jars of water. Just like the servants, we give them to Jesus. And Jesus can take what we gave Him and create miracles. He can use our gifts to make good things happen!

Write about your own gifts and talents and how you can use them for Jesus. Then, color the picture of the Wedding at Cana.

What are three gifts and talents that you have?






How can you use each gift or talent for Jesus?





Body and Blood, Soul and Divinity

Draw what the gifts of bread and wine look like before and after transubstantiation. Then, draw what the bread and wine actually are after transubstantiation.

Before transubstantiation	After transubstantiation
	
<p>What do the bread and wine become after transubstantiation?</p>	
	

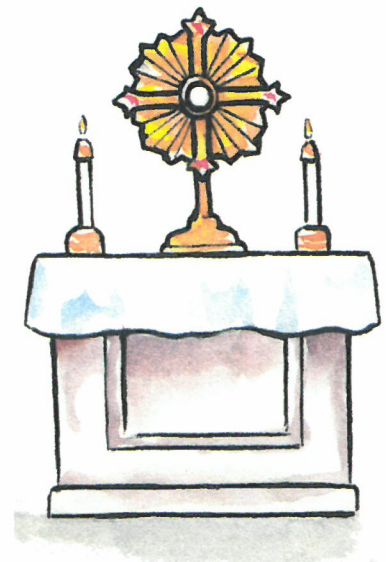


Real Presence

Write a letter to Jesus telling Him that you believe in His Real Presence in the Eucharist. Tell Him about how much you are looking forward to receiving Him in the Eucharist for the first time and thank Him for His great gift of Himself.

Dear Jesus,

Love,





Why do I want to receive my First Holy Communion?

**Draw yourself receiving your
First Holy Communion.**

My First Communion

<p>The date of my First Communion</p>	<p>The name of the church</p> 
 <p>The name of the priest who celebrated my First Communion Mass</p>	
<p>Who in my family was present at my First Communion?</p>	<p>What was it like to receive Communion for the first time?</p> 
<p>How did I celebrate my First Communion?</p> 	<p>What was my favorite part about my First Communion?</p>



UNIT 5

The Sacrament of Holy Communion

Sessions in this unit:

- Session 24: Old Testament Roots of the Eucharist, Part I: The Lamb of God
- Session 25: Old Testament Roots of the Eucharist, Part II: The Bread of Life
- Session 26: The Eucharist Is Jesus' Body and Blood
- Session 27: The Mass Is the Re-presentation of Christ's Sacrifice
- Session 28: Transubstantiation
- Session 29: How to Receive Holy Communion

Unit at a Glance



Connections to the *Catechism of the Catholic Church*:

Session 24

- 1363, 1365-1366, 1392

Session 25

- 1333-1336, 1339-1340,

Session 26

- 547-548, 1335-1336, 1360, 1365, 1373-1376, 1392-1397, 1411-1412, 1415, 1417

Session 27

- 104, 122, 124-125, 1163-1165, 1346-1348, 1350-1356

Session 28

- 1337-1340, 1373-1381

Session 29

- 1378-1379, 1384-1393, 1396



Scriptures studied in this unit:

- Genesis 22:1-18
- Luke 9:11-17
- Matthew 26:26-30
- John 2:1-11

Student Pages and Answers

Warm-Up

The Lamb of God



The Sacrificial Lamb by Josefa de Ayala



Paschal Lamb with Flag

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Activity 1

Reasons for Sacrifice

Directions: Read about the reasons for sacrifice. Then answer the questions.



In ancient times, people offered animal sacrifices to God. A sacrifice is the act of giving up something freely. For example, we might give up eating candy during Lent. We offer that sacrifice to God.

An animal sacrifice was different. Instead of a person giving up something, the sacrificial animal was killed. Its life was offered to God. Sometimes the animal was cooked and eaten. Other times the animal's body was burned.

One of the most common sacrificial animals was a lamb. A lamb is an animal that follows and obeys its shepherd. Its white color represented innocence. Therefore, lambs were a favorite animal for sacrifice.

There were four main reasons for animal sacrifice.

1. **To praise God:** God is good and rules over all of creation. He made everything, including

the animal being sacrificed. Its sacrifice was to give back to God what was His.

2. **To thank God:** God gave us all that we have. To show thanks to God, we can give back to God only what He has already given us. The animal sacrifice was a gift of thanks to God.
3. **To begin a new thing:** When two or more people would make an agreement or begin a new relationship, an animal sacrifice was made. The sacrifice was a symbol. It showed how serious the new agreement or relationship was.
4. **To show sorrow for sins:** This was the most common reason for animal sacrifice. The price for sin is death. Even though we all owe this price, it is too much for anyone to pay. An animal was sacrificed to pay part of the price. An animal sacrifice is not enough, however, to pay the full price for sin.

The practice of animal sacrifice was a tradition that people participated in to symbolize important

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moments in their lives. The sacrifices brought about God's blessing in their lives.

We do not offer animal sacrifices anymore today. But we are not that much different from ancient people. We still praise God. We still give Him thanks. We still celebrate new beginnings. And we still show sorrow for our sins. We even still use symbols and traditions during these important moments in our lives.

1. What is a sacrifice?

2. How are animal sacrifices different from things we simply give up?

3. Why was the lamb a common sacrificial animal?

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4. What were the four main reasons for animal sacrifice?

Reflection Question

We are not that much different from our ancient ancestors. What are some symbols and traditions we use to mark the important moments of our lives? (For example, what are some symbols and traditions we use during Christmas or Thanksgiving?)

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Answer Key

1. When we freely give up something and offer it to God.
2. Instead of a person giving up something, the sacrificial animal was killed, and its life was offered to God. Sometimes it would be eaten, and other times its body would be burned.
3. A lamb willingly follows a shepherd and is viewed as obedient and innocent.

Answer Key

4. To praise God; to thank God; to begin a new thing; and to show sorrow for sins.

Reflection question: Accept reasoned answers.

Activity 2

The Sacrifice of Isaac

by Caravaggio



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Activity 4

My First Communion Journal



NAME _____

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The Lamb of God

Jesus is the Lamb of God. He sacrificed Himself on the cross to save us from sin. He has set us free! Think about Jesus' sacrifice. On the lines below, answer the following question:

What does Jesus' sacrifice on the Cross mean to you?



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Student Pages and Answers

Warm-Up



I Wonder...

Soon you will receive your First Holy Communion. The Eucharist is a great gift that Jesus gives to us. On the lines below, write about three things that you wonder about the Eucharist and receiving Holy Communion at Mass.

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Activity 1

The Passover Story

Directions: Read about the first Passover. Then answer the focus questions.



The people of Israel had been slaves in Egypt for hundreds of years. The Egyptians were cruel to the Israelites. The Israelites had waited for a long time to be set free from their slavery.

God sent a man named Moses to finally free His people. Moses went to the leader of Egypt, the pharaoh, and demanded that the Israelites be set free. The pharaoh refused. So God sent nine plagues as a sign to the Egyptians of His power. Each plague was worse than the previous one. God turned the Nile River to blood. He sent swarms of frogs and different insects. All of the Egyptians' livestock were killed. And all of Egypt was covered in darkness.

God told Moses that He would send a tenth and final plague to make the pharaoh listen. This time, the Israelites had to do something to protect themselves against what was coming.

First, each family had to sacrifice a year-old male lamb.

Then they had to spread its blood on the doorposts of their homes.

Next, they had to share a meal of unleavened bread (a flat bread made of dough that had not risen), wine, and bitter herbs.

During the meal, they had to eat the roasted meat of the lamb.

That night, after all had eaten and gone to bed, the Lord would go through Egypt and strike down the firstborn of every family in Egypt unless they followed these instructions.

God said that "the blood of the lamb will be a sign for you, upon your homes; and when I see the blood, I will pass over you, and no plague will fall upon you to destroy you, when I strike the land of Egypt." This sign that God had given His people would save them from the final plague and allow them to be free.

Moses told the people that God had commanded them to remember this night always. They would call it

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Passover because on this night God passed over their homes and saved them from death.

After the final plague, the pharaoh finally agreed to let the Israelites go free to be their own people.

1. Why did the Israelites want to leave Egypt?

2. How many plagues had there been before the Passover?

3. Why did God send the plagues?

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4. What are the instructions the Israelites had to follow?

5. What is the sign that God spoke of, and what would it do?

6. Why would the Israelites have to remember the night of Passover always?

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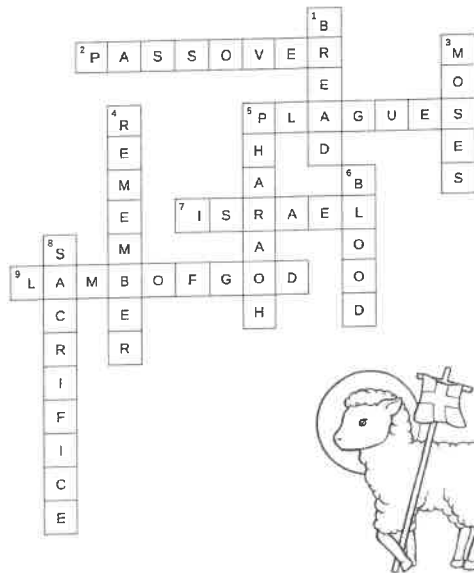
Answer Key

1. They had been slaves in Egypt for hundreds of years.
2. Nine.
3. As a sign to the Egyptians of His power.

Answer Key

4. Each family had to sacrifice a year-old male lamb; they had to spread its blood on the doorposts of their homes; they had to share a meal of unleavened bread, wine, and bitter herbs; and during the meal, they had to eat the roasted meat of the lamb.
5. When God saw the blood, He would pass over their homes and save them from the final plague.
6. Because on this night God passed over their homes and saved them from death.

The Passover Lamb Crossword



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ACROSS

- The celebration of God saving His people from the final plague in Egypt
- Signs sent by God to show His power to Egypt
- The people of God who were slaves in Egypt
- Jesus is the _____ whose sacrifice on the Cross freed us from sin and spiritual death.

DOWN

- Part of the Passover meal shared by the Israelites was to eat unleavened _____.
- The man God sent to free His people from slavery in Egypt
- "To become one with again"
- The leader of Egypt
- The Israelites had to spread the _____ of a sacrificed lamb on their doorposts.
- To give something up freely and willingly

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Activity 3



The Bread of Life

Write about what you have learned about the importance of bread in the story of salvation.
Then color the picture of Jesus.



300

Student Pages and Answers

Warm-Up

Feeding the Five Thousand

by Marten van Valckenborch



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Activity 1

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The Multiplication of the Loaves and the Fish Comic Strip

Jesus took the loaves and the fish. He said the blessing, broke the bread, and gave it to His disciples to pass out to the crowds.	Jesus had the crowd sit down in groups of 50.
The Apostles told Jesus that they only had five loaves of bread and two fish.	All of the people ate and were filled. The disciples picked up 12 baskets of leftover bread.
Jesus taught the crowd who had followed Him, and He healed people.	It was late, and the crowd was hungry. Jesus told the Apostles to give them food to eat.

Correct order:

1. Jesus taught the crowd who had followed Him, and He healed people.
2. It was late and the crowd was hungry. Jesus told the Apostles to give them food to eat.
3. The Apostles told Jesus they only had five loaves of bread and two fish.
4. Jesus had the crowd sit down in groups of 50.
5. Jesus took the loaves and fish. He said the blessing, broke the bread, and gave it to His disciples to pass out to the crowds.
6. All of the people ate and were filled. The disciples picked up 12 baskets of leftover bread.

Activity 3

The Real Presence Fill-in-the-Blank

Directions: Fill in the blanks with the correct answers from the word bank.

Word Bank

Blood	Last Supper
Thanksgiving	Body
Souls	Bread
Real Presence	Loaves and Fish
Sign or Symbol	Eternal

1. Jesus gave us the gift of the Eucharist at the _____.
2. In the Eucharist, the bread is changed into the _____ of Jesus Christ.
3. In the Eucharist, the wine is changed into the _____ of Jesus Christ.
4. The miracle of the Eucharist was prefigured by the miracle of the _____.

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5. The Eucharist is not just food for our bodies, but food for our _____.
6. Jesus taught His disciples that He is the _____ of Life.
7. The Eucharist is true food and true drink that will give us _____ life.
8. The Eucharist is not a _____.
9. The Eucharist is the _____ of Jesus.
10. The word *Eucharist* means _____.

1. Last Supper
2. Body
3. Blood
4. Loaves and fish
5. Souls
6. Bread
7. Eternal
8. Sign or symbol
9. Real Presence
10. Thanksgiving

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Activity 4

The Last Supper and the Mass

Directions: Draw lines to match the parts of the Last Supper with the parts of the Holy Mass.

The Last Supper	The Holy Mass
The Apostles gathered around the table.	The priest says, "This is my Body. ... This is my Blood."
The bread and wine become the Body and Blood of Christ.	The bread and wine become the Body and Blood of Christ.
Jesus said, "This is my Body. ... This is my Blood."	We receive and eat the Eucharist.
The Apostles received and ate the Eucharist.	The altar
The table	The people of God gather around the altar.

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The Eucharist

Directions: Read about the Eucharist. Then answer the questions.



Soon you will receive the Eucharist for the first time! Your First Communion is an important moment in your life as a Christian. It is important to learn all that you can about the Eucharist. That way, at your First Communion, when you say "Amen," you will really mean "I do believe."

There are two essential elements, or necessary parts, for the bread and wine to be changed into the Holy Eucharist at Mass. They are:

1. Bread and wine. The bread must be made of wheat, and the wine must be made from grapes. Nothing else can ever be used for the Eucharist.
2. The words of Consecration spoken by the priest. Consecration, in this case, means blessing. The words of Consecration are the words Jesus said at the Last Supper to change the bread and wine into His Body

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and Blood. These words are: "This is my Body, which will be given up for you" and "This is the chalice of my Blood."

Only an ordained Catholic priest may preside over, or lead, the Mass. Only he can consecrate, or bless, the bread and wine so that they become Jesus' Body and Blood. We call the priest the minister of the Eucharist.

The recipient of the Eucharist is the person who receives it. Not everyone can receive the Eucharist. The recipient must be:

- › a baptized Catholic.
- › prepared to receive the Eucharist. That means a recipient must have examined his conscience and fasted from food and drink for at least an hour before receiving Communion.
- › in a state of grace, which means being without mortal sin.

The Eucharist changes us! Receiving the Eucharist causes many good things to happen in our souls. Some of these good things are:

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- › We grow closer to Jesus.
- › We are given God's grace.
- › Our venial sins are forgiven.
- › It helps us to avoid committing mortal sin.
- › It makes our love for God and for others stronger.
- › It helps us to be good and kind to others.
- › It makes our relationship to the Church stronger.

When we receive the Eucharist, we are receiving Jesus Himself. We invite Jesus to come and dwell in us. By this amazing miracle, God Himself is with us. We are truly blessed to be able receive Him!

1. Why is it important to learn all that you can about the Eucharist?

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2. What are the words of consecration?

3. Who is the minister of the Eucharist?

4. What do we call the person receiving the Eucharist?

5. What three things must the recipient of the Eucharist be?

6. What are two ways in which receiving the Eucharist changes us?

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Answer Key

1. So that at your First Communion, when you say "Amen," you will really mean "I do believe."

Answer Key

2. The words Jesus said at the Last Supper to change the bread and wine into His Body and Blood: "This is my Body, which will be given up for you" and "This is the cup of my Blood."
3. An ordained Catholic priest.
4. The recipient.
5. A baptized Catholic; prepared to receive the Eucharist; and in a state of grace, or without mortal sin.
6. We grow closer to Jesus, we are given God's grace, our venial sins are forgiven, it helps us to avoid committing mortal sin, it strengthens our love for God and for others, it helps us to be good and kind to others, and it makes our relationship to the Church stronger.

Activity 5



The Living Bread

How does Jesus' miracle of the loaves and the fish help us to understand the Last Supper?



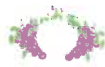
How is the Last Supper like the Mass?

Why do you think it is important that Jesus gives us His Body and Blood to eat and drink?

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Student Pages and Answers

Warm-Up



I Remember

Write about a special memory of a time you spent with your family. Describe who you were with, where you were, and what happened. Why is this memory special to you?

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Activity 1

Liturgy of the Word

Directions: Read about the Liturgy of the Word.

The Liturgy of the Word is the first part of the Mass. We hear the written word of God in the Liturgy of the Word. We also pray together as God's people. The Liturgy of the Word has many parts. Let's learn about some of the most important parts.

Readings from Scripture: Sunday Masses have four readings from Scripture.

1. **The First Reading:** Usually a Bible reading from the Old Testament. The Old Testament announces that Christ is coming for our salvation. The stories of the Old Testament help to prepare us for salvation.
2. **Responsorial Psalm:** A psalm is a song meant to be sung in worship. There are 150 psalms in the Old Testament. At Mass, the song leader invites us to sing a line from a psalm together as a Church.
3. **Second Reading:** A reading from the New Testament, other than the Gospels. The New Testament is about Jesus and His Church. The stories of the New Testament we hear in the second reading tell us about how the early Church shared the Good News of salvation with others.
4. **Gospel:** A reading from one of the four Gospels in the New Testament: Matthew, Mark, Luke, or John. The Gospels tell the story of Jesus' life. They are the most important part of the Liturgy of the Word.
5. **Homily:** After the Gospel, the priest teaches us about the readings from the Bible and invites us to follow Jesus.
6. **Profession of Faith:** After the homily, we stand together as a Church and say the Nicene Creed. The Nicene Creed is a prayer that states all that we believe as Catholics.
7. **Prayer of the Faithful:** Together as a Church we pray for our needs and the needs of the world.

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Liturgy of the Word Fill-in-the-Blanks

Directions: Fill in the blanks, matching the parts of the Liturgy of the Word to their definitions.

Word Bank		
Second Reading	First Reading	Homily
Profession of Faith	Responsorial Psalm	Prayer of the Faithful
	Gospel	

- _____ A reading from the Old Testament.
- _____ We pray for our needs and the needs of the world.
- _____ A reading from the New Testament about the early Church.

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- _____ A story from the Bible all about Jesus' life.
- _____ A prayer that states what we believe.
- _____ A song from the Old Testament sung in worship.
- _____ A teaching from the priest.

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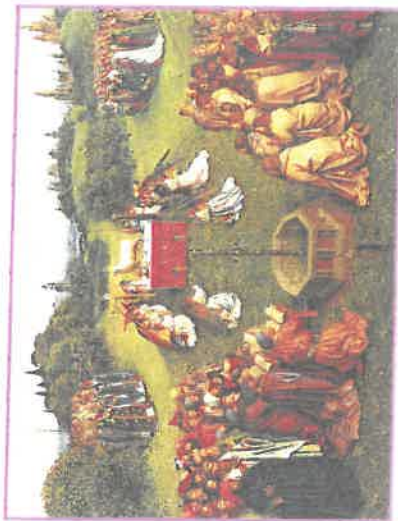
- First Reading
- Prayer of the Faithful
- Second Reading

- Gospel
- Profession of Faith
- Responsorial Psalm
- Homily

Activity 2

Adoration of the Lamb

by Jan van Eyck



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the priest repeats the words of Jesus at the Last Supper. The bread becomes the Body of Christ, and the wine becomes the Blood of Christ. During parts of the Eucharistic Prayer, we kneel to show our reverence.

3. **Holy, Holy, Holy:** The Church praises God together. The words of this prayer are the same words the people of Jerusalem prayed when Jesus came into the city before He was crucified.
4. **The Mystery of Faith:** The Church states that we believe that the Eucharist is a memorial of Christ's suffering and Death.
5. **Lord's Prayer:** The Church prays the prayer that Jesus taught us.
6. **Sign of Peace:** The priest offers us a sign of peace, and we may also offer a sign of peace to our neighbors.
7. **Lamb of God:** The Church prays for the mercy and peace of Christ.
8. **Holy Communion:** We go up to the altar and receive the Eucharist. This moment is the highest point of our Christian worship.

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Liturgy of the Eucharist

Directions: Read about the Liturgy of the Eucharist.

The **Liturgy of the Eucharist** is the second part of the Mass. The Liturgy of the Eucharist is the heart of the Mass. During this part of the Mass, the priest acts *in Persona Christi Capitis*, which is Latin for "in the Person of Christ the Head." That means that Jesus Himself works through the priest to change the bread and wine into the Body and Blood of Jesus. Then we receive Christ in the Eucharist. The Liturgy of the Eucharist has many parts. Let's learn about some of the most important parts.

1. **Offertory:** A few people are chosen to bring the bread and wine to the altar as gifts. We also give money to help the Church and the poor. The priest gets the altar ready and prays over the gifts. During this time, our own prayers are given to God.
2. **The Eucharistic Prayer:** This prayer has a few parts. The priest prays a special prayer of thanksgiving. He asks the Father to send His Holy Spirit to bless the bread and the wine. Then

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Liturgy of the Eucharist Fill-in-the-Blanks

Directions: Fill in the blanks, matching the parts of the Liturgy of the Eucharist to their definitions.

Word Bank

Lamb of God	Holy, Holy, Holy
Eucharistic Prayer	Offertory
Lord's Prayer	Mystery of Faith
Sign of Peace	Holy Communion

- _____ The gifts of bread and wine are brought to the altar.
- _____ The priest prays special prayers and repeats the words of Jesus at the Last Supper.
- _____ The Church praises God together.

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- _____ We state that we believe the Eucharist is a memorial of Christ's suffering and Death.
- _____ We pray the prayer Jesus taught us.
- _____ We receive and may offer each other a sign of peace.
- _____ We pray for the mercy and peace of Christ.
- _____ We receive the Eucharist.

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- Offertory
- Eucharistic Prayer
- Holy, Holy, Holy

- Mystery of Faith
- Lord's Prayer
- Sign of Peace
- Lamb of God
- Holy Communion

Activity 3



Invitation to Mass

Create an invitation for someone to go to Mass. In your invitation, include the name of your church, the Mass times, and three reasons why Mass is so special. Illustrate the invitation with drawings of the Mass.

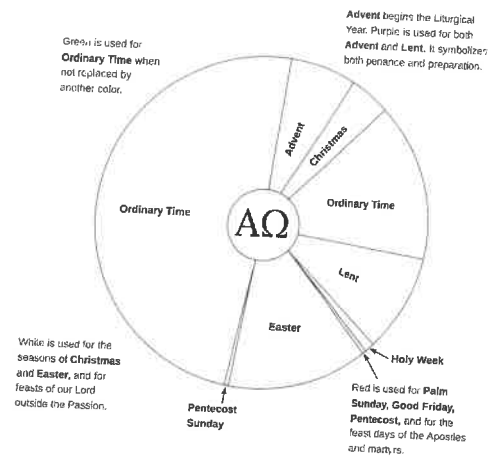


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Activity 4

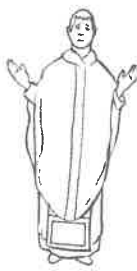
Liturgical Seasons and the Mass

Directions: Color the sections of the liturgical calendar the correct colors. Then color the vestments the correct colors for each liturgical season.

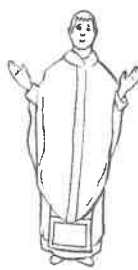


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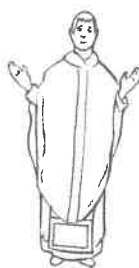
Ordinary Time



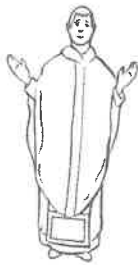
Advent



Christmas



Lent



Palm Sunday, Good Friday, Pentecost, Feasts of Martyrs



Easter



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Colors are listed in the Session Plan.

Activity 5



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Student Pages and Answers

Warm-Up

The Wedding at Cana Stained-Glass Window



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Activity 1

Jesus' First Miracle

Directions: Read about Jesus' first miracle at the Wedding at Cana. Then answer the questions.

Do you remember the story of Adam and Eve? Even though they turned away from God's love, God promised to send a Messiah to save them from sin. The Messiah, or Christ, would be the Savior of God's people.

The story of the Wedding at Cana teaches us that Jesus is the Messiah. He is the one God sent to save us. This story teaches us about Jesus the Messiah in three ways.

First, Jesus performs His first miracle. He changes water to wine. None of us can change something into something else. But Jesus can. He is God and is all powerful. Jesus' first miracle shows that He is God and has the power to change anything He wants.

Second, wine was a sign of the Kingdom of God. The prophets of the Old Testament compared the

Kingdom of God to a great feast. The feast of the Kingdom had more food and wine than we could ever want! When Jesus changes the water into wine, He makes more than is needed. And it is the best wine that the people at the wedding have tasted. This is a sign of God's Kingdom!

Third, the Bible compares God's Kingdom to a wedding feast. If you've ever been to a wedding, you know that they are full of joy and love. A wedding celebrates the love between two people. Jesus loves us more than a husband and wife love each other on their wedding day. He loves us so much that He died for us.

Jesus began His public ministry with a miracle. He changed water into wine. This miracle told the world that He was the Messiah, our Savior.

Jesus ended His public ministry with another miracle. At the Last Supper, He changed bread into His Body, and He changed wine into His Blood. On the next day, He died on the Cross. He poured out His Blood to save us from sin. He did what He promised He would do.

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1. What does the story of the Wedding at Cana teach us about Jesus?

2. What does Jesus' first miracle show about Him?

3. To what did the prophets of the Old Testament compare the Kingdom of God?

4. How did Jesus begin His public ministry?

5. How did Jesus end His public ministry?

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Activity 2



Water to Wine

At the Wedding at Cana, the servants had jars of water. They gave them to Jesus and He changed the water into wine.

In our own lives, our gifts and talents are like the jars of water. Just like the servants, we give them to Jesus. And Jesus can take what we gave Him and create miracles. He can use our gifts to make good things happen!

Write about your own gifts and talents and how you can use them for Jesus. Then, color the picture of the Wedding at Cana.

What are three gifts and talents that you have?

1. That He is the Messiah whom God sent to save us.
2. That He is God and has the power to change things.
3. A great feast with more food and wine than we could ever want.
4. With a miracle that changed water into wine.
5. With a miracle that change bread into His Body and wine into His Blood. And then He gave His life on the Cross.



How can you use each gift or talent for Jesus?



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Activity 3

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The Last Supper I Spy

by Vicente Juan Masip



I Spy List

Find, circle, and label all of the following:
Jesus, the Eucharist, the chalice, a loaf of bread, a bottle of wine, a plate, a halo, the Apostle who is pointing to Jesus, the Apostle who is kneeling, a small bowl, a knife, a large bowl (or bucket) used for washing feet, a large jar of water

The Eucharist and the Last Supper

Directions: Read about the Eucharist and the Last Supper. Then fill in the blanks, using the words from the Word Bank.

The Eucharist is the real Body and Blood of Jesus Christ. Jesus gave us the Eucharist for the first time at the Last Supper. He took bread and wine. He said a blessing. He gave the bread and wine to His Apostles. And He said, "This is my Body" and "This is my Blood." With these words, Jesus changed the bread and wine into His Body and Blood.

Jesus commanded His Apostles to continue to offer the Eucharist for all time. Today at every Mass, gifts of bread and wine are brought to the altar. They are changed into the Body and Blood of Jesus, just as they were at the Last Supper.

How could Jesus make such a miracle happen? Remember Jesus' other miracles. He changed water into wine at a wedding. He multiplied five loaves of bread and two fish so that they could feed a crowd of 5,000 people. He even brought people back to life after they had died! If Jesus could do these amazing

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things, why couldn't He change bread and wine into His Body and Blood?

The Eucharist still looks, feels, tastes, and smells like bread and wine. Even so, it is no longer bread and wine. The bread and wine have become the real Body and Blood of Jesus.

At the Last Supper, Jesus gave His Apostles the power to change the bread and wine into His Body and Blood. He told them to do as He had done for them. Bishops and priests continue the work of the Apostles today. They too have been given the power to change the bread and wine into His Body and Blood.

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During Mass, the bishop or priest prays for the blessing of the Holy Spirit. Then he says the words of Consecration. These are the same words Jesus said at the Last Supper when He gave us the Eucharist. It is not the priest who changes the bread and wine into Jesus' Body and Blood, but rather Jesus Himself working through the priest.

The Eucharist is a great miracle! The God of the universe gives us His own Body and Blood in the Eucharist so that He can be with us and bring us to eternal life.

1. The _____ is the real Body and Blood of Jesus Christ.
2. Jesus gave us the Eucharist for the first time at the _____.
3. Jesus commanded His Apostles to continue to _____ the Eucharist for all time.
4. At every _____ the gifts of bread and wine are changed into Jesus' Body and Blood.

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5. Jesus changed water into _____ at a wedding.
6. Jesus multiplied _____ and fish to feed a crowd of 5,000.
7. Jesus brought the dead back to _____!
8. Jesus gave His _____ the power to change the bread and wine into His Body and Blood.
9. _____ and priests continue the work of the Apostles.
10. The words of _____ are the words Jesus said at the Last Supper.
11. The Eucharist is a great _____!

Word Bank

Last Supper	Apostles	Bishops
Miracle	Life	Eucharist
Offer	Bread	Consecration
Wine	Mass	

1. Eucharist
2. Last Supper
3. Offer
4. Mass

5. Wine
6. Bread
7. Life
8. Apostles
9. Bishops
10. Consecration
11. Miracle

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Activity 4

Transubstantiation

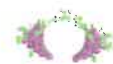
Directions: Trace the words as your teacher explains what each one means. Then write a definition in your words.

substance

accidentals

transubstantiation

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Body and Blood, Soul and Divinity

Draw what the gifts of bread and wine look like before and after transubstantiation. Then, draw what the bread and wine actually are after transubstantiation.

Before transubstantiation	After transubstantiation
What do the bread and wine become after transubstantiation?	

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Student Pages and Answers

Activity 1

Spiritual Exercises

Directions: Read the list below and decide whether each thing helps your relationship with Jesus or hurts it. Then, if it is something that hurts your relationship with Jesus, rewrite the statement so that it is something that helps your relationship with Jesus.



1. Going to Mass on Sunday (helps or hurts).

2. Receiving the Sacrament of Penance and Reconciliation (helps or hurts).

3. Praying before you go to bed (helps or hurts).



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1. Helps
2. Helps
3. Helps
4. Hurts – Possible rewrite: Waking up early on Sunday to go to Mass with your family.

4. Sleeping in on Sunday and skipping Mass (helps or hurts).

5. Giving gently used clothing to a homeless shelter (helps or hurts).

6. Playing with your toys at home instead of visiting a sick relative in the hospital (helps or hurts).

7. Making fun of a classmate (helps or hurts).

8. Praying a Rosary together with a friend (helps or hurts).

5. Helps
6. Hurts – Possible rewrite: Playing with your toys later so that you can go visit a sick relative in the hospital.
7. Hurts – Possible rewrite: Being kind to your classmates.
8. Helps



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Activity 2



Real Presence

Write a letter to Jesus telling Him that you believe in His Real Presence in the Eucharist. Tell Him about how much you are looking forward to receiving Him in the Eucharist for the first time and thank Him for His great gift of Himself.

Dear Jesus,

Love,



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Guide for Receiving Holy Communion

Before going to Mass

- Read or listen to the readings from Scripture for that day, especially the Gospel. The Church asks us to prepare for Mass in this way. Then, when we hear the readings proclaimed at Mass, we are familiar with the stories. We are better able to think about what God is trying to say to us in our own lives.
- Make sure that you have not eaten for at least an hour before you will be receiving Communion. This is called a Eucharistic fast. Also, make sure that you are free of any mortal sin.
- If you know that you have committed serious sin, go to the Sacrament of Reconciliation to receive God's forgiveness before going to Mass.
- Think of a special intention to pray for during Mass: someone you know who has recently died, a loved one who is sick, thanksgiving to God for something good in your life, and so forth.

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Go to Mass with your family

Go to Mass with your family. While at Mass, try to keep your thoughts focused on the mystery you are encountering. Let the beauty of the sacred music fill your heart.

Remember to:

- **Pray, listen, sing, and respond** with the congregation. Remember that being silent is also an important way to be with God and hear His voice, and the Mass is no exception! There is a reason for everything we do at Mass. If you don't know the reasons, ask your parents, parish priest, or teacher.
- During the Offertory, when the gifts of bread and wine are brought to the altar, **pray that your own gifts and talents may be offered to God as a gift to Him**, along with the bread and wine.
- During the Eucharistic Prayer, **pay attention and show respect and reverence**.



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Steps for receiving Holy Communion



Step 1. When it is time to receive Communion, **process to the altar** with your hands folded in front of you. Remain prayerful as you approach the altar.



Step 2. When it is your turn to receive Communion (or right before your turn) **make a gesture of reverence** for the Real Presence of Christ in the Eucharist. A deep bow at the waist is recommended, but some may choose to genuflect or to receive Communion while kneeling.



Step 3. The priest, deacon, or extraordinary minister of Holy Communion will hold up a Communion Host in front of you and say: "**The Body of Christ.**" You respond: "**Amen.**" "Amen" means "I believe." At this moment, you are telling Jesus that you believe in His Real Presence in the Eucharist being given to you.

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Step 4. Receive the Communion Host. The ordinary way to receive Communion is on your tongue. You may also receive Communion in your hand.



If you choose to receive
Communion on your tongue:

Keep your hands folded in front of you. Tilt your head slightly upward, and open your mouth. Put out your tongue far enough for the priest, deacon, or extraordinary minister of Holy Communion to place the Communion Host on your tongue. Then bring your tongue and the Communion Host into your mouth.

If you choose to receive **Communion in your hand:**

First, be sure that your hands are clean. Remember, you will be holding in your hands the Body of Christ. If your hands are not clean, it is better to receive Communion on your tongue.

Place your dominant hand underneath your less dominant hand to make a bowl or vessel for the Communion Host to be placed.

- If you are right-handed: Place your left hand on top of your right hand.
- If you are left-handed: Place your right hand on top of your left hand.

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Steps for receiving the Precious Blood

Step 1. If you choose to do so, stand in line to receive the Precious Blood of Christ. When it is your turn to receive the Precious Blood (or immediately before your turn) make a gesture of reverence for the Real Presence of Christ in His Precious Blood. A deep bow at the waist is recommended.

Step 2. The priest, deacon, or extraordinary minister of Holy Communion will hold a chalice or cup out to you and say: "The Blood of Christ." You respond: "Amen." Take the chalice or cup with both of your hands. Bring the chalice or cup to your mouth and take a small sip of the Precious Blood of Christ, being very careful not to spill any.



Step 3. Step to the side of the priest, deacon, or extraordinary minister and, while still facing the altar, make the Sign of the Cross.

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Respectfully extend your cupped hands out and slightly upward toward the priest, deacon, or extraordinary minister so that he or she is able to place the Communion Host in your hands. Never reach out to take the Host.

After you have been given the Communion Host, immediately place the Host in your mouth using the bottom hand.

Step 5. Step to the side of the priest or extraordinary minister and, while still facing the altar, **make the Sign of the Cross.**

Important note: always immediately eat the entire Communion Host given to you. Do not take it back to your seat. Do not put it in your pocket. Do not save it for later.

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After receiving Holy Communion

- **Reverently return to your seat and kneel in prayer.** It is good to remain kneeling until the sacred vessels have been purified and any remaining consecrated Communion Hosts have been placed in the tabernacle. While praying, think about what you have just received: Holy Communion, the Body and Blood of Jesus Christ, the Real Presence of Our Lord and Savior. He now dwells within you. Thank Him for this great gift of love.
- **Respectfully and fully participate in the remaining prayers, responses, and songs of the Mass.** Then, the priest will say, "Go in peace to love and serve the Lord." Jesus Christ has just fed you with His Body and Blood and now dwells within you. Rejoice and be glad!

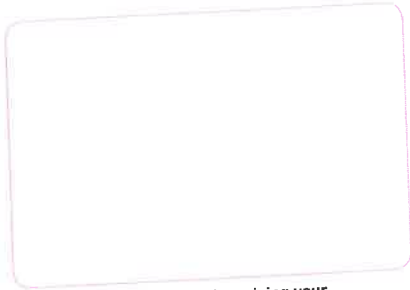


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Activity 3



Why do I want to
receive my First Holy
Communion?



Draw yourself receiving your
First Holy Communion.

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My First Communion

The date of my First Communion	The name of the church
The name of the priest who celebrated my First Communion Mass	
Whom in my family will present at my First Communion?	What song is the hymn for my First Communion?
How did I feel about my First Communion?	What was my favorite part about my First Communion?

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Activity 4

Adoration



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