

6 We Are Sent Out to change the world!



We Are Sent!

We Gather Together

- Before Mass ends, the Priest **blesse**s us
- He asks us to go home and **help Jesus**
- We leave **different** than we arrived
- Now we have Jesus with us in a special way
- We are **change**d by Jesus
- We plan how to love more and avoid sin

We are the People of God!

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1

Parent lesson plans for page one of the 6th lesson.

Follow the numbers.

1 In this lesson, we will learn about how the Eucharist **changes us** – and how we are sent to **change the world!**

2 There will also be a full **review** of the parts of the Mass, as well as a review of the many terms involved with the Eucharist. Some of these words may still be new to your child.

3 It is important for your child to understand that the purpose of the Eucharist is not solely to make us personally happy and close to God. It is also to **prepare us to minister** to others, even if we are just children.

4 Make sure your child understands each word used on this page. Read through them together.

5 Explain that a **“blessing”** is a special prayer in which we ask God to give us sacred power to achieve something important. At the end of Mass, the Priest blesses us so that we will leave in the power of God.

6 Just as the Sacrament of Reconciliation changes us because we agree to try to be more loving and to sin less, so **Eucharist also changes us**. It unites us to all the others in the parish and church, and that unity creates a deep bond of love. Explain that being united is like being in the same family. We watch over each other with tender care. With your child, complete these three lines:


Receiving Jesus in Communion makes me _____

Jesus wants me to _____

Because I receive Jesus in Communion, I _____

Parent lesson plans for pages 2 & 3 of the 6th lesson.
Follow the numbers.

Session 6: First Eucharist Child Text Growing Up Catholic



Prayer Celebration:
Growing up Catholic means we Gather with God's People

A Prayer to Accept God's Grace – and to Change the World!

Everyone begins by making the Sign of the Cross:
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Leader: Jesus, thank you for coming to us in Holy Communion.
All: We love you with all our hearts.

Leader: Thank you for sending the Holy Spirit to us to make us strong
All: We love you with all our hearts.

Leader: Thank you for restoring our friendship with your Father in Heaven.
All: We love you with all our hearts.

Please listen to the Reader now.
Reader: A reading from the First Letter of John (4:7-10)
(At the end of the reading:) This is the Word of the Lord
All: Thanks be to God!

Please listen to the leader.
When the time comes, please bring up your slip of paper with your promise to Jesus written on it. Place it here on this table.

Let us pray together
(please pause after each line)


Oh God, our Father in Heaven,
thank you for sharing your son, Jesus, with us
and for calling us to be your own children.
Thank you for loving us so much!
Help us to love each other
and to live as part of your family.
We ask this through Christ, our Lord. Amen.

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1 Pray this with your child, helping them find their way through it as the leader guides you.

When the time comes, help them decide on and then write a **promise they will make to Jesus to be more loving.** Make such a promise yourself, and be sure to share that with your child. When the leader calls for it, present these promises to Jesus at the altar.

Session 6: First Eucharist Child Text Growing Up Catholic




Meeting Jesus in the Bible
Jesus asks us to help him. He wants us to love others and show them what God is like.

Jesus Asks us to Help Him

After Jesus died, his friend Peter decided to go fishing.
His friends went with him but they did not catch any fish even though they tried all night.
In the morning, they saw someone standing on the shore but they did not know it was Jesus.

“Did you catch any fish?” he asked them.
They answered, “No.”
“Throw your net out on the other side of the boat,” he told them.
“There are lots of fish there.”
So they did, and caught a huge amount!



Then they saw that it was Jesus!
They went ashore and had a meal with him.
Then Jesus asked Peter “Do you really love me?”
“Yes, Lord, I really do love you,” Peter said.

“Then feed my sheep,” Jesus told him. (Based on John 21:2-17)

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2 We will now read about how Jesus asks his friends to help him. In this session, **we will read this as a whole group**, and then return to our parent-child groups to process it.

3 After the reading, explain to your child that Jesus was asking Peter to help him. What did Jesus want help with? What did he ask Peter to do?

4 Be sure your child understands that **“feed my sheep”** means that Jesus wants us to love everyone, to care for the sick, to be honest, kind, and loving – even toward our enemies.

Session 6: First Eucharist Child Text Growing Up Catholic

**Go in peace to love and serve
Helping Jesus**

**How do we love and serve Jesus?
How do we help him "feed his sheep"?**

Read each situation. Then tell or draw what you would do as a friend of Jesus to help this person.

A friend feels sad because others laughed at him	
Your mom needs help with chores around the house	
Your sister feels sick and she can't go to school	
Your dad asks you to help with the lawn because he hurt his back	
You see a new child in your class is sitting all alone at lunch	
You saw a friend steal something from the store	
Your grandmother wants you to visit, but you'd rather play with friends	

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Parent lesson plans for page four of the 6th lesson.
Follow the numbers.

1 In this exercise, we will present you and your child with seven different opportunities to choose to serve Jesus by serving one another.

2 For each, help your child decide on what would be best. We have suggested some possible approaches for you.

3 Here are some possible ways you might choose to serve Jesus in each of the settings described above. Talk through this with your child, but be sure to allow him or her to suggest what is the best way to behave.

- A. Sit with the friend. Tell him you are his or her friend. Assure your friend that you are not laughing at him.
- B. Instead of watching TV or playing games, stay with your mom. Offer to do things that you know she needs.
- C. Offer to bring her homework. Be especially quiet so you don't disturb her. Ask if there is anything she needs. Make her a get well card to cheer her up.
- D. Tell your dad yes. Do the work but don't ask to be paid. Consider it part of your contribution to the family.
- E. Befriend the new child even if it means not being with your old friends for a while. Invite your friends to join you.
- F. Tell your friend what you saw and don't agree that it is good. Tell your mom or dad what you saw.
- G. Give up your time for your grandmother. Bring her a present. Make her a card.

Words to Know
About the Mass and Holy Communion

Place the proper letter by each word to define it.

- | | |
|---|---|
| <p>___ Altar</p> <p>___ Chalice</p> <p>___ Consecration</p> <p><u>12</u> Eucharistic Prayer</p> <p>___ Gospel</p> <p>___ Homily</p> <p>___ Host</p> <p>___ Last Supper</p> <p>___ Offertory</p> <p>___ Penitential Rite</p> <p>___ Amen</p> <p>___ Sacrifice</p> <p>___ Sign of Peace</p> <p>___ Blessing</p> <p>___ Being sent forth</p> | <p>1 What we say at the end of a prayer</p> <p>2 When we offer gifts to God at Mass - ourselves, money, bread & wine</p> <p>3 The wafer of bread we use at Mass which becomes Jesus' body</p> <p>4 When we offer those around us a sign that we forgive them before communion</p> <p>5 What the Priest gives us at the end of Mass to help us serve Jesus</p> <p>6 The special table which we use at Mass</p> <p>7 The special cup that holds the wine which becomes Jesus</p> <p>8 The last meal Jesus had with his friends just before he died for us</p> <p>9 What Jesus did for us to show how much God loves us</p> <p>10 The reading from the Bible which tells about Jesus</p> <p>11 The part of the Mass when the Bread & Wine become Jesus</p> <p>12 The special prayer which the Priest prays during Mass</p> <p>13 When the Priest talks and helps us understand the readings</p> <p>14 The part of the Mass when we say we're sorry for our sins</p> <p>15 When the Priest asks us to go home and help Jesus</p> |
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Parent lesson plans for page five of the 6th lesson.

Follow the numbers.

1 This may be a difficult exercise for some children. Nonetheless, it is necessary to begin to learn **the words that describe what happens at Mass.**

2 The best way to learn these things, of course, **is to hear them from you** during or after Mass on Sundays. Take your child to the parish church and show them as many of these things as possible.

3 Here's a method for helping your child learn these words.

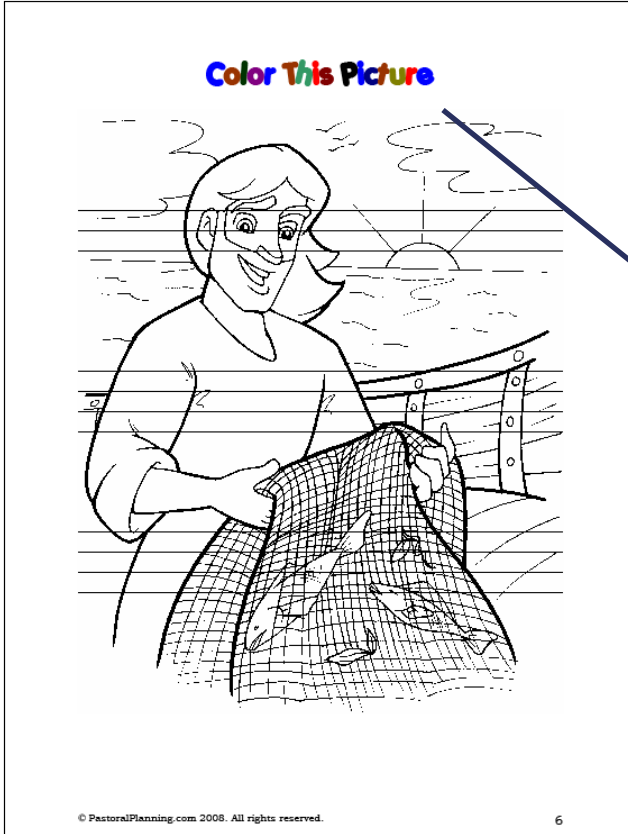
Begin with the word itself. Ask your child what it means. Find the definition in the list and help them enter it. If he or she does not know what it means, then you can define it for them in your own words before entering the definition number on the line.

If there are any terms they just can't seem to understand at all, note that for later, but go on to the rest of the list. Knowing the terms is a key part of the learning process.

Here's the key for the words on the left:
6, 7, 11, 12, 10, 13, 3, 8, 2, 14, 1, 9, 4, 5, 15.

Parent lesson plans for pages 6 & 7 of the 6th lesson.

Follow the numbers.



1 Time for a break! Help your child **enjoy** coloring this image of Peter with his fishnet

Coloring time is a good time to be close to your child without necessarily talking about faith.

Don't be afraid to **put your arm around your child** during this time. Affirm your child often during this work.

The Sacrament of The Eucharist
The Whole Mass
Draw a line to identify each part of the Mass.

What happens at Mass	Name the part of the Mass
We all arrive and gather	Lord's prayer and sign of peace
We tell God and each other that we are sorry for our sins	The Offertory and Preparation of the gifts
We listen to the Bible and hear the Priest explain it	The Eucharistic Prayer
We offer ourselves, and we offer Bread and Wine	The Liturgy of the Word
The Priest prays a special prayer and the Bread and Wine become the Body of Christ	The Lord have mercy
We pray the Our Father and give each other a sign of peace	The Greeting and Opening Prayer
We receive Holy Communion	The Blessing and Sending Forth
We are sent to help others and serve Jesus	Holy Communion


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2 This is a **review** of the parts of the Mass. Help your child complete this. A good way to proceed is to allow your child to read each line (help them with words they might not know) and tell you what it is. You can then help them draw in the proper line. We have given one line to get you started.

Here's the key:

- 1 = 6
- 2 = 5
- 3 = 4
- 4 = 2
- 5 = 3 (given)
- 6 = 1
- 7 = 8
- 8 = 7

Session 6: First Eucharist Child Text Growing Up Catholic



At home this week
Work on this together at home as a way of continuing the process of preparing for the Sacrament of the Eucharist

Three ways to help your child in the final preparation for Holy Communion this week – and always!

- 1. Create a home filled with love**
 - Affirm your child every single day!
 - Sit with him or her often and talk about what's happening in his or her life
 - Share meals as often as possible, even if it means putting off other things such as TV, sports, shopping, or other things
 - Bless your child every night. Use the words, "Good night, God bless you. We (or I) love you."
- 2. Review the lessons of Growing Up Catholic**
 - Pay special attention to this last lesson
 - Help your child rehearse for Holy Communion – don't be afraid to play-act the reception of Communion itself
 - Collect together all the pages of Growing Up Catholic and create a booklet for your child
 - Make sure your child grows to love the Eucharist – by seeing how much you love it yourself, even if you don't receive it very often
- 3. Be a part of the parish community**
 - You are welcome at Sunday Mass each week.
 - Please come and celebrate with your child.
 - If you are in a situation where you cannot receive Communion yourself, let your child know how much you desire it for yourself.
 - If your spouse or partner does not come to Mass, make sure he or she feels welcome! Your child will only have the faith which you implant in him or her by how they see your faith.

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Parent lesson plans for page eight of the 6th lesson.
Follow the numbers.

1 This is the final part of the final lesson in the preparation process for your child's First Communion. But the work isn't done yet!

Growing Up Catholic doesn't stop now. And growing in your faith hasn't stopped for you either. Continue to follow the suggestions we are making this week, and you'll find your child will learn from you. In fact, you are really the primary and principal teacher for your child in all matters of faith and moral living. **Thank you for all that you're doing for your child!**

2 From the Declaration on Christian Education:
passed by the bishops of the world at Vatican II
"Parents are, in fact, the first and foremost educators of their children within a family atmosphere **animated with love**, providing a well-rounded **formation**."

The family can be called the first school of those social virtues which every society needs. The Christian family is enriched by grace and is the place where children are first taught to know and love God and to know and love their neighbor. Here they come to understand human companionship, here they're introduced into civic life, and here initiated **into the parish community.**"
(paraphrased from article 3)