

# The Eucharist

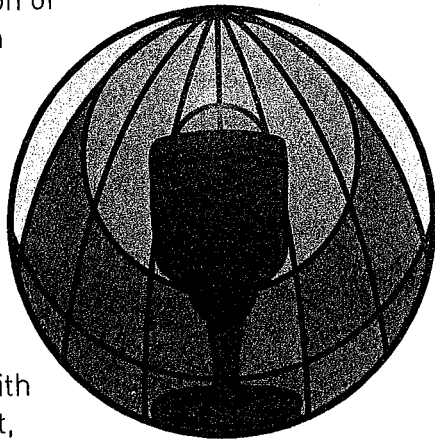
## Unit 5 Chapter 18

4

### Background: The Eucharist

The Eucharist is the source and center of Catholic life. The Eucharist unites us with God and with other Catholics throughout the world. It also makes us one with the Communion of Saints—all those who have died as faithful followers of Christ. At every Eucharist we celebrate our faith in Jesus, the Messiah and Son of God. We are made sharers in the Paschal Mystery—Jesus' Death, Resurrection, and Ascension. We are reconciled with God and with one another; we grow stronger in our faith.

In the Eucharist, the past, present, and future become one. We, too, become one with all Christians—past, present, and future. Just as the loaf of bread is one, we are one Body in Christ.



### Getting Ready

1. Before introducing Chapter 18 to your child, read the Take Home pages 203 and 204 of your child's book. To help develop this chapter's theme, gather at a convenient time during the week to participate in the Activity on page 203. Afterwards, make bread together.
2. With your child, read about Saint Alphonsus Liguori, the Saint of the Week. Learn more about him at [SaintsResource.com](http://SaintsResource.com).
3. Place on the family prayer table a basket containing several kinds of bread. Read together Scripture Background at the top of page 204 and the suggested Scripture verse.
4. Invite family members to share what it means to them to receive the Eucharist. What are they thinking of as they walk in procession to receive the Body and Blood of Christ? What difference does the Eucharist make in their lives? Then read aloud Our Catholic Tradition.

### Focus

At Mass, the priest and the assembly of worshipers join the Communion of Saints to worship God.

### The Saints Say

When you have received Him, stir up your heart to do him homage; speak to him about your spiritual life, gazing upon Him in your soul where He is present for your happiness; welcome Him as warmly as possible, and behave outwardly in such a way that your actions may give proof to all of His Presence.

Saint Francis de Sales

### Prayer

Jesus, bread of heaven  
have mercy on us.  
Jesus, life-giving bread  
have mercy on us.  
Jesus, food for our journey  
have mercy on us.  
Jesus, holy banquet  
have mercy on us.

*From Litany of the Holy Eucharist*

## Exploring the Chapter

### Share

1. Light the candle. Read the liturgical text at the top of page 205. Talk about those things from which God protects you. Say again the liturgical text.
2. Read together the Share section. Talk about people who are not with you, but who have been and are your teachers and who role models.
3. Invite other family members to join you in role-playing the story that is the Activity.

### Hear and Believe

4. Look at the photograph of the Entrance Procession of the Mass on page 206. Talk about who and what you see in the procession and about what the assembly is doing. Then read aloud *Gathered as One in Christ*. Review the meaning of the Faith Word **assembly**.
5. Read *The Eucharist*. Discuss with your child why it is important for your family to attend Mass—to take part in the Eucharist. (*It is the center of Catholic life; it unites us to all members of the Church.*)
6. Make a list of all of the things you know your parish priest does. Read together *The Role of the Priest* and the *We Believe Statement* at the top of page 207. Compare your list to the text. What is the same? What is different? Review the meaning of the Faith Word **Gospel**.
7. Read together *Our Church Teaches*. Invite your child to complete the Activity at the bottom of the page. Discuss his or her response.

### Respond

8. Read Respond on page 208. Then read the directions to Activity 1 and work with your child to complete it.
9. Read the directions to Activity 2 and Activity 3 on page 209. Give your child time to complete the activities. Discuss what he or she has drawn and written.
10. Sing the Unit Song on page 192. Alternate serving as Leader and pray together *A Litany of Saints* on page 210.
11. Have your child complete the Chapter Review. See page 48 of this guide for the answer key.
12. Work with your child to complete *Faith in Action* on page 212. It highlights the Catholic Social Teaching of **Life and Dignity of the Human Person**.

*We really liked . . .*

*We want to learn more about . . .*