

# We Celebrate the Eucharist



# 13

## We Pray

LORD, our God, it is  
good to give you  
thanks all day long.  
Based on Psalm 135

**Father,**  
**all-powerful and**  
**ever-living God,**  
**we do well always**  
**and everywhere**  
**to give you thanks**  
**through Jesus**  
**Christ our Lord.**  
**Amen.**

*What important meals  
have you eaten with  
your family?*

Sharing a meal  
strengthens the love  
of family members for  
one another. The most  
important celebration  
of the Church is the  
Eucharist.

*What do we celebrate  
at the Eucharist?*

Wheat and bread,  
symbols for the Eucharist

# We Give Thanks to God

## Faith Focus

What do we celebrate at the Eucharist?

## Faith Words

### Eucharist

The Eucharist is the sacrament in which the Church gives thanks to God and shares in the Body and Blood of Christ.

### Blessed Sacrament

The Blessed Sacrament is a name given to the Eucharist, the real presence of the Body and Blood of Jesus under the forms of bread and wine.

## Jesus Shares a Special Meal

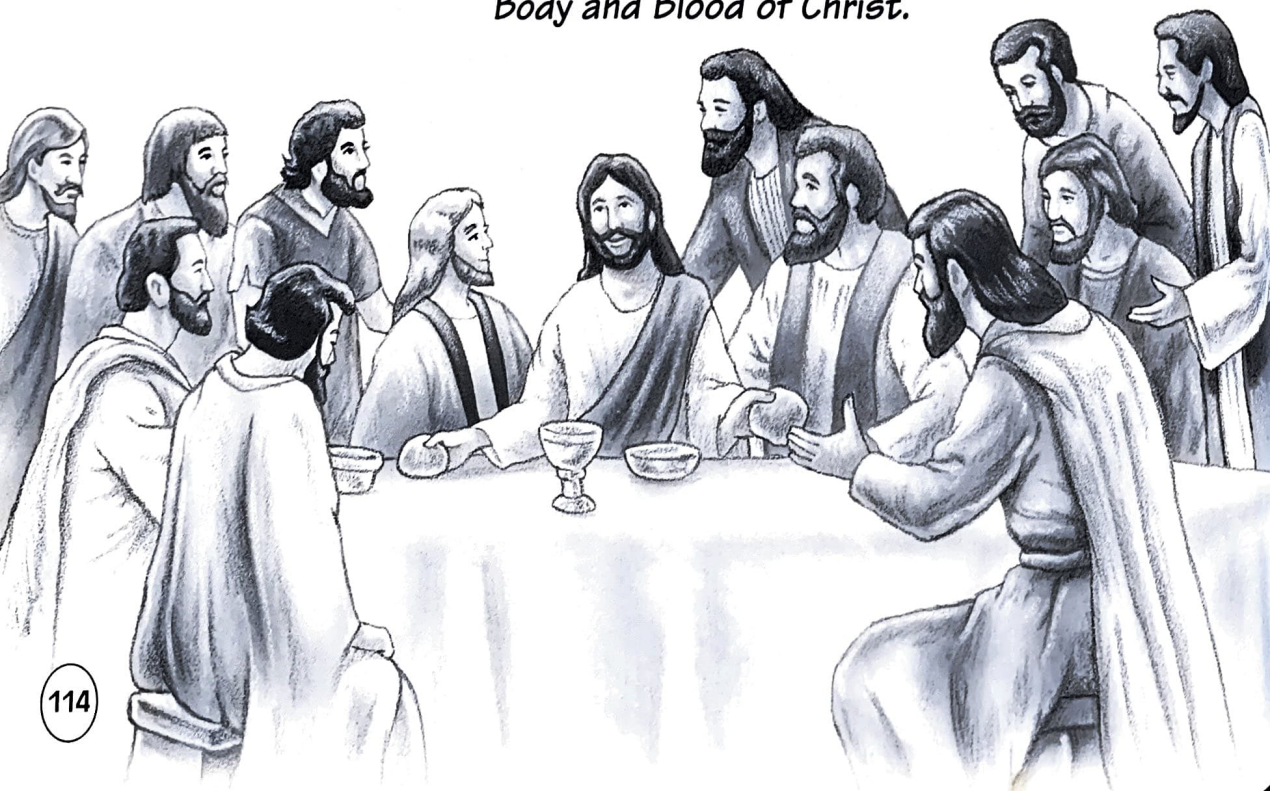
On the night before he died, Jesus shared his last meal with his disciples. We call this meal the Last Supper, or the Lord's Supper. This is what happened.

Jesus took bread, prayed a special blessing prayer, and broke the bread. He gave the bread to his disciples, saying, "Take and eat this. This is my body."

Then Jesus took a cup of wine and gave thanks to his Father. He gave the wine to his disciples, saying, "Drink from this cup, all of you, for this is my blood." Based on Matthew 26:26-28

The Church does what Jesus did at the Last Supper when we celebrate the Eucharist. We join with Jesus. We give thanks to God the Father. We share the Body and Blood of Jesus.

*Talk about the first time you received the Body and Blood of Christ.*



## We Give Thanks

The Church celebrates the Eucharist at Mass. The Sunday celebration of the **Eucharist** is at the heart of our life as Catholics. The word *eucharist* means "to give thanks." Catholics have a serious duty, or obligation, to participate in the celebration of the Mass on Sundays.

The Liturgy of the Word is the first main part of the Mass. God is present with us. He speaks to us through the readings from Sacred Scripture.

The Liturgy of the Eucharist is the second main part of the Mass. The Church does what Jesus did at the Last Supper. We join with Jesus in offering himself to God. We remember and share in Jesus' life, Passion, death, and Resurrection. The bread and wine become the Body and Blood of Christ. We receive the gift of the Body and Blood of Christ in Holy Communion. This joins us more fully to Jesus Christ and to all the members of his Church.

## Faith-Filled People

### Jeanne Jugan

At the end of Mass, we hear the words, "Go in peace, glorifying the Lord by your life." We can obey that command in many ways. Saint Jeanne Jugan founded the Little Sisters of the Poor to take care of the elderly. She said, "Never forget that the poor are our Lord."

*Decorate the poster.*

**Jesus  
Is the  
Bread of Life**

## The Blessed Sacrament

Sometimes there are consecrated hosts left over after the faithful have received Holy Communion at Mass. The consecrated hosts are brought to the tabernacle. The consecrated hosts are also called the **Blessed Sacrament**.



A special lighted candle is kept near the tabernacle. This candle is called the sanctuary lamp. This reminds us that the Blessed Sacrament is in the tabernacle. Jesus is truly present with us.

The Church brings the Blessed Sacrament as Holy Communion to people who are elderly, sick, or in the hospital. We also worship Jesus by praying before him present in the Blessed Sacrament.

*Design a tabernacle  
for your church.*



# Our Church Makes a Difference

## Holy Days of Obligation

Each year Catholics celebrate holy days of obligation that are not always celebrated on Sunday. These holy days celebrate very important events in God's plan of salvation. Catholics have the responsibility to participate in Mass on these holy days just as they do on Sundays.

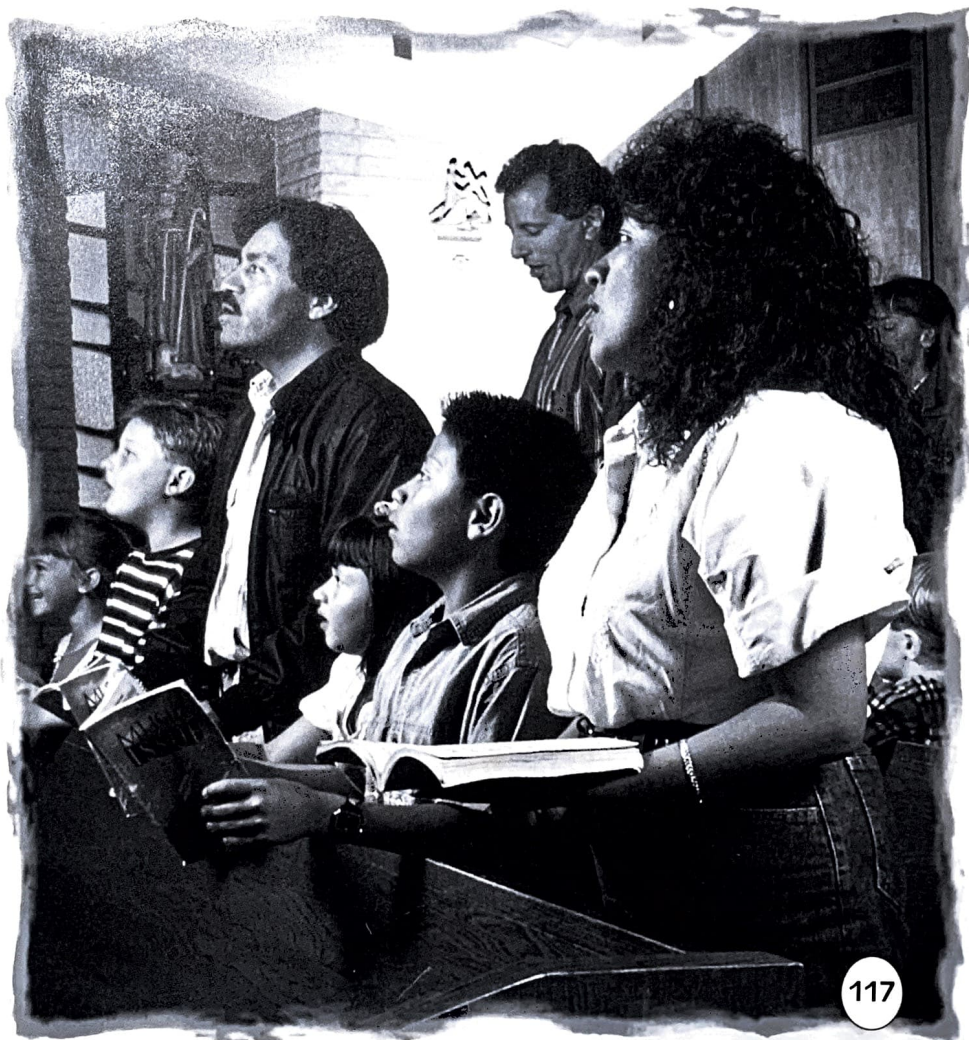
There are six holy days of obligation that Catholics in the United States celebrate. They are the Solemnity of Mary, the Mother of God; the Ascension of Our Lord; the Assumption of the Blessed Virgin Mary into Heaven; All Saints; the Immaculate Conception of Mary; and Christmas Day. When we participate in Mass on these days, we help others see the difference that keeping God first in our lives makes.

*Find out when the Church celebrates the six holy days of obligation this year.*

## Our Catholic Faith

### Precepts of the Church

The Church is our teacher and guide. One way the Church guides us is by giving us precepts, or rules, that state some of our responsibilities. One of the five precepts of the Church says that Catholics are to participate in Mass on Sundays and on holy days of obligation.



# What Difference Does Faith Make in My Life?

At the end of Mass the priest dismisses the people, using these or similar words, "Go in peace, glorifying the Lord by your life."

*Check three ways you can love and serve the Lord this week. Tell a partner exactly what you could do.*

## Love and Serve the Lord

- Help at home without being asked.
- Pray for someone.
- Cheer up someone.
- Share my games.
- Say I'm sorry.
- Help my teacher.

### My Faith Choice

*f* This week at Mass I will take time to thank God for all his blessings to me. I will thank God for

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## We Pray

### Lift Up Our Hearts to God

*At Mass we pray the preface. This prepares us to pray the Eucharistic Prayer. Pray this part of the preface.*

**Leader:** Let us lift up our hearts and give thanks to God for the gift of the Eucharist.

**All:** Give thanks to the Lord our God.  
It is right and just.

**Group 1:** Father, we give you thanks always and everywhere through Jesus Christ.

**Group 2:** With all the angels and saints, we give you thanks and praise.

**All:** Give thanks to the Lord our God.  
It is right and just.

## We Remember

Complete each sentence. Use the words in the word bank.

.....  
: Eucharist      Word      Last Supper :  
.....

1. The \_\_\_\_\_ is the meal at which Jesus gave us the Eucharist.
2. The Liturgy of the \_\_\_\_\_ is the first main part of the Mass.
3. The Liturgy of the \_\_\_\_\_ is the second main part of the Mass.

### To Help You Remember

1. At the Eucharist we celebrate what Jesus did at the Last Supper.
2. At Mass we listen to the word of God and we share the Eucharist.
3. At the Eucharist the bread and wine become the Body and Blood of Christ, through the words of the priest and the power of the Holy Spirit.