

# Parent Guide, Eucharist Session 1

## We Belong

### Invite (Teacher Led)

Please join your child's teacher for the *Invite* portion of the lesson by clicking the link on our Parish website.

Then watch the session 1 opening video also found on our website to introduce your child to the opening activity, *Praying With Our Bodies*.

### Discover (Parent Led)

#### Signs & Symbols (page 11)

Recall that Catholics often make the Sign of the Cross.

- Call attention to the photograph of the font with holy water.
- *Ask:* What is happening in this photo? *A child is about to bless himself with the Sign of the Cross and holy water.*
- *Ask:* When do you do that? *when entering and leaving a church*
- Display holy water in an appropriate bowl. Point out that the water was blessed by a priest and deserves respectful use.

Read aloud the text and emphasize the connection between Baptism, the pouring of holy water, and the words used in the Sign of the Cross.

- *Say:* We name the three Divine Persons of the Holy Trinity when we pray the Sign of the Cross.

#### ★Optional Session Video: Signs and Symbols

Continue exploring Catholic signs and symbols with this short video. The link is found on our faith formation website under Eucharist Session 1.

#### Meet Jesus (page 11)

Read both of the paragraphs and emphasize the love that God the Father and his Son, Jesus, have for us as children of God.

- Point out that Jesus, the Son of God, taught us about God the Father.
- *Ask:* What happens when a person is baptized? *The Holy Spirit makes us children of God, and we are welcomed into the Church family.*

★ Direct your child to the Meet Jesus feature at the back of their book (following page 88). Help them place the correct label by the image of Jesus as the Son of God. The stickers are found on the last page of the book.

#### ★Optional Session Video: Meet Jesus

Discover more about Jesus as the Son of God by watching this short video. The link is found on our faith formation website under Eucharist Session 1.

★ **Optional Activity:** Invite your child to complete a word search to find each of the words in the list that are associated with Jesus as the Son of God. Visit the [Games section](#) of this website to print out the word search activity. [Click here](#) to download the answer key.

### **Jesus Is Always with Us (page 12)**

*Ask:* Can you name a way that Jesus showed he loved people? *Possible responses:* he became man, he healed people, he showed us how to be good, and he died for our sins.

- Reinforce that Jesus promised he would always be with us.

### **God's Word (page 12)**

Explain that this is the story of the commissioning of the disciples, when Jesus gave them the power to baptize and teach in his name. Explain that "commissioning" means giving an assignment or mission.

*Say:* Listen as I read about how Jesus gave his followers directions for doing God's work.

- Proclaim the Scripture.

Invite your child to talk about the images on the page.

- *Ask:* How are the pictures alike? *Jesus is commissioning the disciples to baptize others and do his work, and a child is being baptized; in Baptism, we are also commissioned to do God's work.*
- Point out that since the beginning of the Church, we have followed Jesus' command to baptize and make disciples.

List all Seven Sacraments on a board or on paper: three Sacraments of Initiation (Baptism, Confirmation, and Eucharist); two Sacraments of Healing (Reconciliation and Anointing of the Sick); and two Sacraments at the Service of Communion (Holy Orders and Matrimony).

Read the definition given in the Child Book.

- Convey that when we celebrate a Sacrament, we open our hearts to receive God's gift of love.
- Point out that the Sacraments help us share in the Church's mission and do God's work.

### **Celebrating New Life (page 13)**

Continue discussing the Sacraments.

- Define grace as God's gift of a share in his life and his help.
- Ask your child to read aloud the first paragraph.
- Read aloud the next paragraph. Explain that every person is born with Original Sin and that Original Sin and all personal sin are washed away at Baptism. Baptism also makes a person a child of God, a member of Christ and the Church, and a temple of the Holy Spirit (see *Catechism of the Catholic Church*, 1279).

★ Talk with your child about their baptism. Then have them complete the activity.

- *Ask:* How is the day of your Baptism like your birthday? *Your birthday is the day you were born; your Baptism is the day you became a child of God and a member of his family, the Church.*

### **Entering the Mystery (page 13)**

Link Baptism and praying the Sign of the Cross with attending Mass.

- Read the text aloud.

- *Ask:* When we go into church, what do we do to remind ourselves of our Baptism? *We bless ourselves with holy water.*
- Use the photograph to explain the Sprinkling Rite that is sometimes included in Mass, especially during the Easter season.

### **Sacraments of Initiation (pages 14-15)**

*Say:* Now let's learn about three of the Seven Sacraments.

Read aloud the first paragraph and link *initiation* with "beginning."

- *Ask:* What are the Sacraments of Initiation? *Baptism, Confirmation, and Eucharist* Why are they called the Sacraments of Initiation? *They bring us into the Church and make us one with Christ.*

Summarize the material on Confirmation.

- *Say:* In Confirmation, the Holy Spirit strengthens our relationship with Jesus and God the Father. Confirmation seals us with the gift of the Holy Spirit, deepens the grace we received at Baptism, and gives us strength to share Jesus in what we say and do.
- ★ Distribute supplies, and your child write the names of the people who go to church with them on the pews in the art on this page.
- Explain that when something is sealed, that means it belongs to the person who placed the seal.
- *Say:* Through Confirmation, the Holy Spirit deepens the grace of Baptism, and strengthens us to share the Good News of Christ.

*Say:* Let's talk about the Sacrament you are preparing to receive.

- Tell the children that they will participate more fully in Mass when they receive the Eucharist.
- ☛ Go to page 69 for more on these Sacraments.

Have the children place a Holy Spirit sticker next to a place where they learned about the Holy Spirit in this session.

### **Our Church Family (page 15)**

Use a globe or map to show that the Church extends all over the world. Read the first and second paragraphs.

- Define the Communion of Saints as everyone who believes in and follows Jesus—people on Earth and people who have died and are in purgatory or heaven. Point out that your own family has faith in Jesus and are members of his Church, so you are part of the Communion of Saints.

Read aloud the rest of the text.

- *Ask:* What does the word *saint* mean? *holy one*
- Explain that all members of the Communion of Saints help one another.

Tell your child that we honor the saints in heaven on All Saints Day, November 1. On November 2, All Souls Day, we help souls waiting to enter heaven by praying for them.

If time allows, consider these activities:

- Have your child name ways they see themselves, family members, or loved ones who have passed away as faithful disciples—saints.
- Ask the children to read about a patron saint of their parish or another favorite saint.

★**Optional Game:** To review the Sacraments of Initiation, have the children play the Matching Game available in the [Games section](#) at [sacraments.osv.com](http://sacraments.osv.com).

## **Baptism Starts Us on Our Journey (page 16)**

Recall that Baptism makes us members of the Church.

- Point out that living a life of faith is like going on a journey. Every journey has a beginning and end. Have your child read aloud the first paragraph of text.
  - *Ask:* Where does our faith journey begin? *at Baptism* Where does it lead? *Possible responses: to participation in Mass and Holy Communion, to becoming one with God, to God, to heaven*  
Read aloud the second paragraph.
  - *Ask:* Who can help us on our faith journey? *Possible responses: Jesus, the Holy Spirit, priests, family, saints*  
Read aloud the third paragraph.
  - *Ask:* Who is with you on your journey toward first Holy Communion? *the Holy Spirit and Jesus, the Son of God*
- ★ Distribute supplies for the activity about Baptism and the Communion of Saints. In the open space your child should draw pictures or paste photos of people who are part of their faith journey.
- Discuss their work when they are finished.

## **Live (Parent led)**

### **Living Out Our Baptism (page 17)**

Take turns reading the two paragraphs.

- Emphasize that through Baptism we are invited to share in the life of Jesus.
  - *Ask:* How do we share Jesus' life with others? *Possible responses: help others, be fair, use gifts and talents properly*
- ★ Have your child complete the activity about being close to Jesus.

### ★**Optional Video: Recap Rap**

The link for this video is found on our faith formation website under Eucharist Session 1.

## **♡Closing Prayer (parent or teacher led)**

*Gather the children around a bowl of holy water and other symbols of Baptism, including a white garment, Bible, a cross, or a candle. Begin with the Sign of the Cross.*

*All bless themselves, saying:* In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Leader:** On the day of your Baptism, our Christian community welcomed you with great joy. You were baptized in the name of the Father, and of the Son, and of the Holy Spirit. Jesus shared his Divine life with you.

As you make the Sign of the Cross, you are blessed with the sign of Jesus' perfect love for you. May it help you remember you belong to him.

*All bless themselves with holy water, saying:* In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

*—Prayer in Remembrance of Baptism  
(adapted from Book of Household Blessings)*

*Any remaining holy water may be carefully reserved or may be returned to the earth directly. It should not be poured down the sink.*

### **★My Family in Our Parish (page 18)**

This page invites your family to explore your parish to find the baptismal and holy water fonts, and to search for any other symbols of baptism in your church.