Why the Church Needs You

Even if your child hasn’t celebrated his or her first Holy Communion, he or she still enters into communion with Christ and others through the liturgy. Helping children to recognize this dynamic assists them in understanding why their participation in Mass not only matters, but is necessary. In the liturgy, we enter into communion first and foremost with Christ, most fully through the reception of his Body and Blood, but also whenever we pray to and through him or are formed by his Word. Christ commands that we remain in him, and liturgy is at the height of this communion.

We also enter into communion at Mass with all who are gathered, as we pray with and for each other, and are strengthened by one another’s witness. Due to the nature of our universal rites, we are also in communion with Christ’s faithful throughout the world. Together as Church, we express and manifest the mystery of Christ in our lives and in the world (see the Constitution on the Sacred Liturgy, 2). Finally, we recognize our communion with all the saints and holy men and women who have walked the path of faith before us, and whose eternal inheritance we hope one day to share.

REFLECTION QUESTIONS

▶ Why is your attendance needed at Mass? What difference does your participation make, and to whom?
▶ How do you begin to help your child understand the answers you named in response to the question above?

ACTIVITY

There are many ways to help your child learn that he or she is a member of Christ’s Body, which calls him or her into communion with its other members, particularly during Mass. Pray regularly for the people of your parish, including the priests and other leaders you may know. Look up the intention or the name of the person that the Mass you attend is being offered for, and pray for that person or intention during the week. Teach your child about the pope, and point out the part in the Eucharistic Prayer where we remember and pray for our pope and our local bishop. If you have attended Mass in a foreign country, share the experience of being able to follow the Mass, even if you don’t know the language. Learn about the saints and how they intercede with God on our behalf.