The Sacrament of the Eucharist

Engage: Page 99

- Together find pictures of families sharing meals. **Ask:** What is different about each of these celebrations? (There are different foods and different events.) **What is the same about each of these celebrations?** (People are enjoying a meal together.)
- Read aloud the session title and the text in the blue box. Discuss your child’s responses. Point out the picture. **Say:** In this session we will learn about the Eucharist, an important meal we share with our family of faith.
- Ask your child to start a family-meal scrapbook. Have him or her draw pictures and write captions about your family celebrations. Compile the pictures in a book. Pray aloud the prayer together.

Explore: Pages 100–101

- Discuss different traditional foods that might be served during your family celebrations or those of friends. **Ask:** Why are some foods important to families? (Foods can be family recipes and are also part of a family’s ethnic culture.)
- Have your child read aloud We Celebrate on page 100. **Ask:** What do we share with one another when we share a meal with our families? (God’s love)
- Read aloud the Did You Know? feature. **Ask:** What other foods have special symbolism or significance for us? (king cake for Mardi Gras, birthday cake)
- Read aloud Jesus Invites Us on page 101. **Ask:** Why does the Church call us together on Sunday? (to remember Jesus’ Resurrection)
- Read aloud The Lord’s Day and have your child complete the activity.
- Read aloud the Reading God’s Word feature. **Say:** When we receive the Body of Christ in Holy Communion, we receive the strength to live as God wants us to live.

Art Exploration: Page 245

- Find in a magazine, in a book, or online a picture of Jesus feeding the five thousand.
- **Ask:** What do you see in this picture? Encourage your child to describe the picture in detail, including the expressions on the faces of the apostles and the people in the crowd.
- **Say:** The story of Jesus feeding the five thousand is an example of Jesus’ compassion for his disciples.
Have your child turn to page 245. Read aloud the introduction and discuss the question.

- Read aloud Jesus Feeds the Five Thousand. **Say:** Compassion is a feeling of sympathy or sorrow for someone in need. **Ask:** How does this story portray Jesus’ compassion? (Jesus showed compassion for the people who had followed him by making sure they were fed.)

- Read aloud Show Compassion and give your child time to complete the activity.

- Invite your child to imagine that he or she is an eyewitness to the feeding of the five thousand. Invite your child to write a news report of what he or she saw. Encourage your child to deliver the news report to your entire family.

**Reflect: Pages 102–103**

- Together look at page 102. **Say:** The boy in the picture is grateful for his food. Remember to talk to Jesus from your heart.

- Read aloud the prayer slowly. Pause after each sentence to give your child time to use his or her imagination. Conclude the prayer by praying *Amen* and the Sign of the Cross.

- Read aloud Holy Days of Obligation on page 103. **Say:** On these six days, we celebrate the great things that God has done for us. These days are so important that the Precepts of the Church call us to go to Mass on these days.

- Read aloud Celebrate Our Faith. Have your child draw an image that represents one of the Holy Day of Obligation and share it with you when he or she is finished.

**Respond: Page 104**

- Ask your child to read aloud the Faith Summary. Review the Word I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can show compassion.

- Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.

- Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.