

Sunday Gospel Background

In Sunday's Gospel, Jesus compares himself to a grain of wheat that falls to the earth and dies in order to produce fruit. This grain is planted in the ground and seems to die, but new green sprouts push up through the earth. The theme for this lesson is giving thanks for the food God has given us and for the many people who share it with us. *Seeds* also gives you an opportunity to share about the Eucharist, providing some early preparation for First Communion.

Share Experiences

Check off the boxes as you complete each part of the lesson.

- Pray together:** "Dear Jesus, thank you for coming to live with us and teaching us about God. Help our family listen to your words and grow in love for you. Amen."
- Story • Making Bread** *A coloring page to accompany this story is available at gospelweeklies.com/lesson-updates. Share this story with your child:*

Alex and Alisha were helping their mother make bread. Mom had prepared all the ingredients. She got out the big bowl. Alex sifted white flour into the bowl. Alisha sifted whole wheat flour into the bowl. Mom added honey, shortening, and salt. She poured in milk and yeast. Then Alex and Alisha stirred and stirred until the dough was sticky and stiff.

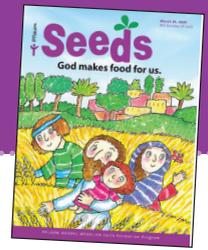
"Now," Mom said, "we will knead the bread." She divided the dough in half and put it on a board sprinkled with flour. Alex and Alisha washed their hands. Then they punched the sticky dough down with their fists, turned it over, and punched it again. Finally, Mom said, "The bread is ready to rise now. Put it back in the big bowl." Alex and Alisha put the bread back in the bowl and covered it with a cloth.

Alex and Alisha went to play outside until Mom came to the back door and said, "The bread is ready to make into loaves." Alex and Alisha ran inside. The ball of dough they had put in the bowl was now way over the top! They watched Mom shape the dough into loaves and put the loaves in two bread pans. "You may brush a little butter on top of the loaves," Mom said. Alex brushed butter on one loaf, and Alisha brushed butter on the other.

They played outside again until their dad came home. When Alex and Alisha went inside with Dad, they could smell the bread baking. "What do I smell?" asked Dad. "It's bread," said Alex. "We helped Mom make it," said Alisha. "And we will all eat some for dinner," said Mom.

- Activity • We share bread. (pages 2-3)** Read the title on page 2 aloud. Point out the first drawing. **Ask:** What are the people eating? *Bagels.* **Ask:** What meal do you think it is? *Breakfast or snack time.* Talk about your child's experience of bagels. Continue in this way with the illustrations of the family eating tacos and the two families having a picnic in the park. Finally, call attention to the illustration of people receiving Communion at Mass. **Ask:** Where are these people? How do you know? What is happening? Which person could be you? What kind of bread is in this picture? Your child may not think of the Communion hosts as bread, but explain that the hosts are made of flour and water, just as other bread is. This bread is Jesus' Body that he gives to us. The people are receiving Jesus in Holy Communion because Jesus wants to be with us in this way. The little girl is too young to go receive Communion, so the priest is blessing her.

Invite your child to color the circles by any types of bread your child has eaten. Few children of *Seeds* age have received Communion, but if your child has been blessed like the child in the illustration, invite your child to color this circle as well.



- Word of the Week • Holy Communion (page 2)** Help your child find the Word of the Week on page 2. Share this definition: *Holy Communion is the Body and Blood of Jesus Christ.*

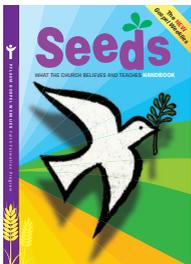
Discover Gospel and Doctrine

- Sunday Gospel • God makes food for us. (page 1)** Look at the cover illustration together and read aloud the sentence. **Ask:** What do you suppose the people are talking about? What food do you see? Your child may respond that there is none. Explain how wheat grows from seeds and makes new seeds that can be harvested and ground to make flour for bread. You might want to share a wheat stalk (often available at florists or craft stores) or search online for an image of wheat to illustrate this. Share the Gospel:

Jesus knew that he would soon die and rise from the dead. He said to his friends: "A seed must be buried in the earth if it is going to grow. If no one plants it, the seed stays just a seed. But when someone plants a seed in the earth, it will sprout

and become a plant that grows many new seeds."

Jesus was talking about how he would have to die. Like a seed that's planted, his Death would bring new life.



- Open** the *What the Church Believes and Teaches* handbook to page 33. Teach the Blessing Before Meals by saying each line and asking your child to repeat it after you. If you don't already, pray this blessing together with your family at every meal.

Once you have completed this section of the lesson, close the handbook and return to Seeds, page 4.

Live the Gospel

- Activity • Loving and Unloving Actions (page 4)** You'll need some red construction paper, cut in small strips, for this activity. Read aloud the title on page 4. **Ask:** What is a loving action? *Being kind, sharing, not fighting.* Have your child use a crayon to draw an X in the circles next to the pictures that are loving actions. **Ask:** Are there any unloving actions happening? Explain that we can cancel those unloving actions by gluing a strip of red paper across the actions—like *Do Not Enter* or *No Smoking* signs. Give your child some of the paper strips and glue. Help your child place and glue the strips diagonally across the unloving pictures.
- Closing Prayer** Take turns mentioning your favorite foods, and together pray: "Thank you God" after each. Conclude with the Blessing Before Meals.



Parent Resources

For weekly videos, assessments, and more, scan this code or go to pflaumweeklies.com/family
Visit www.usccb.org/bible/readings to read this Sunday's Scripture