

CELEBRATE

Objective

To explore the meaning of the ritual action of Sharing a Meal

To explain that the Eucharist is the Church's special meal

Liturgical Catechesis

The purpose of this section is to help children reflect on their experiences of the signs, rituals, prayers, and gestures of the celebration and to lead them to express their own meaning of the experiences. Allow children to share their experiences without commenting on them.

Special Meals

- On the board or on chart paper, write the following questions: What did you see? What did you hear? What did you do?
- Guide children to reflect on the celebration by reviewing what happened in the prayer and as they shared food.
- Invite children to share their responses to the questions.

Reflect

- Invite children to complete the phrases with their own thoughts and feelings.
- Invite volunteers to share their responses.

Sign of Peace

- Ask children to read the text silently. Tell them to read to find out what giving the Sign of Peace means. **We are united with one another at the Table of the Lord.**
- Practice the Sign of Peace with children.

Special Meals

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Sign of Peace

During Mass we offer one another the **Sign of Peace** before Holy Communion. The Sign of Peace is an action prayer. We reach out our hand to people around us. We wish them God's peace. Giving the Sign of Peace to others is a sign that we are united to one another at the Table of the Lord.



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Reflect

Sharing a meal Think and write about the celebration.

I like sharing meals with others because

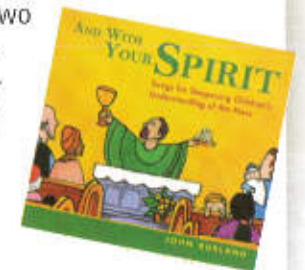
When I eat good food

Bread reminds me of

Additional Activity

Lamb of God Play the song "The Supper of the Lamb" (track 12) from the *And With Your Spirit* music CD. Emphasize that Jesus is the Lamb of God, so at Mass we are invited to his supper that is a sacrifice of love. Tell them:

- Because God gave us life, all the wonders of the Earth, and the ability to know him, we want to thank him by giving our best.
- People long ago gave God their best by offering the best animal they had on a stone altar. Something offered to God is called a *sacrifice*. A lamb represents the most perfect sacrifice.
- Saint Paul said that the sacrifice of love that Jesus made when he died for us was greater than any perfect lamb offered to God. We call Jesus the Lamb of God because he is the greatest sacrifice of love.
- Have the children fold an 8½ x 11 paper in half. On one half, have them draw a stone altar. Then have them draw a lamb on the altar. Give each child two cotton balls to glue on the lamb. On the other half, have the children draw a cross.



The Eucharist as a Meal

Sharing a meal brings people closer together. A special meal, sometimes called a banquet or feast, is a time to celebrate. It is a time to share stories, sing songs, and eat special food. When families and friends gather for special meals, they grow in love.

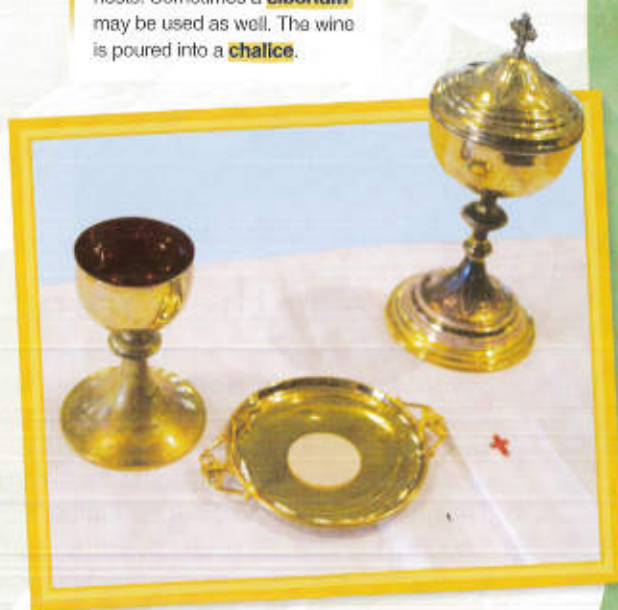
The Eucharist is the Church's special meal. The Holy Spirit gathers us with our parish family and with Catholics all over the world. We gather at the Eucharist to celebrate God's love for us. We also share Jesus' own Body and Blood in Holy Communion. Jesus is truly present in both the consecrated Bread and the Wine.

Jesus is the Bread of Life. In the meal of the Eucharist, we share in the life of the Risen Christ.



Paten, Ciborium, and Chalice

The food for our Eucharistic meal is placed on special dishes. The **paten** holds the hosts. Sometimes a **ciborium** may be used as well. The wine is poured into a **chalice**.



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The Eucharist as a Meal

- Read the first paragraph aloud.
- Ask children what special meals their families share.
- Invite volunteers to tell why the meal they chose is special.
- Read aloud the second paragraph.
- Point out that Catholics all over the world share in the meal of the Eucharist.
- Invite children to silently reread the paragraph to find two reasons the Eucharist is a special meal.
- Invite volunteers to share their reasons. **Possible responses: The Holy Spirit gathers us; we celebrate God's love; we share Jesus' own body and blood.**
- Read the final paragraph aloud.



Paten, Ciborium, and Chalice

- Refer to pages 82–87 in the Words of Faith glossary.
- Invite children to read the text silently to find out what the difference is between the chalice and the ciborium. **The chalice holds the Blood of Christ, and the ciborium holds his Body.**



Teaching Tip

Guidelines for receiving Communion Remind children about these guidelines for receiving Communion:

1. If we have committed a serious sin, we must celebrate the Sacrament of Reconciliation before receiving Communion.
2. We do not eat or drink anything except water for one hour before receiving Communion.
3. How we act and the way we dress for Mass should show respect for Jesus' presence in the Eucharist.

4. We are encouraged to receive Holy Communion at every Eucharist we attend, unless we have committed a serious sin.

