

# First Communion Preparation: The Greatest Gift

(Week of Mar. 28)

*“He saw and believed.”* JN 20:1-9

*Holy Week. The sacramental oils will be blessed for healing, baptism and confirming. We will remember what happened at the Last Supper, in the garden of Gethsemane and on Calvary. We will celebrate the Resurrection and Greatest Gifts of the Eucharist, the sacraments and our salvation.*

**Gather:** [Holy Week Activity Sheet](#). Color the pictures, and then cut and put them in the order in which they take place.

**Connect:** This week is one of the most important weeks in our Catholic Faith. We are going to take some time to explore what it means to be a Catholic Kid we are also going to take some time to remember the Greatest Gift we ever received, Jesus’ sacrifice for each and every one of us.



## Explore Grade Level Activities:

### **YEAR 2 (CH 4, Blessed Communion) The Liturgy of the Eucharist and the Concluding Rites.**

This is the most important lesson you will explore all year! The catechism states: *The Eucharist is "the source and summit of the Christian life."<sup>136</sup> "The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch."<sup>137</sup> As Catholics, we believe that Jesus is truly present in the Eucharist.* At the Last Supper, Jesus instituted the Eucharist; he changed bread and wine into his Body and Blood. During Mass, we remember the Last Supper (video episode 5).

Lesson Outline:

- Pages 112-113 (Video 1) The Eucharist is food for the soul. What are other ways we can feed our soul? (Scripture, prayer, attending Mass with our faith community)
- Pages 114-115 (Video 2) **The Liturgy of the Eucharist** (LOE) has three parts: Offertory, the Eucharist Prayer and the reception of Holy Communion.
- Pages 116-177, The Offertory. Take with your child about what they would like to offer to God, or one way that they would like to ask God to help in their lives this Sunday.
- Pages 118-119, The Eucharistic Prayer. Why is this the most important part of the Mass?
- Pages 120-121, The Consecration. Ask your child what scene is depicted on these pages (Palm Sunday).
- Pages 122-125 (Video 3) Our Father and Holy Communion. Have your child read aloud and repeat the last words on page 125, “God loves me so much that he sent his son Jesus so that I could have eternal life and live with him forever in heaven.”
- Pages 128-129 (Video 4) The True Presence. Emphasize that the Eucharist is not a symbol of Jesus but is truly the presence of Jesus! By the power of the Holy Spirit, through the words of the priest, the ordinary bread and wine become the extraordinary Body and Blood of Jesus. This is the great mystery of our faith. Make the point that when we receive Holy Communion Jesus gives himself completely.
- Pages 130-131 (Video 5) The Last Supper ***The Mass of the Last Supper will take place this coming Thursday – Holy Thursday.*** We celebrate the institution of the Eucharist!
- After Easter, we will include a tutorial of ‘how-to’ receive Holy Communion, and this will be reinforced at Retreat!
- Pages 134-135 (Video 6) **Concluding Rites.** During the Concluding Rites we are sent forth to love and serve one another! Ask the children how we can share our blessings with others (help a friend, help your parents, do chores without being told).

Summarize the main points of Session 4:

- *Jesus is truly present in the Eucharist and is food for our souls.*
- *Holy Communion is a lifelong blessing.*
- *We are blessed to be catholic.*
- *The Eucharistic prayer is the most important part of the Mass.*
- *God loves us so much that he sent His only Son to save us.*
- *First Communion is an important moment in our lives!*

**Journal with Jesus:** Have your child spend a few minutes writing their response to the journal with Jesus prompt on page 139. Conclude by praying the Our Father.

**Reflect:** Read the Gospels from The Mass of Holy Thursday **Jesus’ Gift** (JN 13:1-15) and Easter Sunday **He is Risen!** (JN 20:1-9). You can also view them on our special Holy Thursday and Easter Sunday [CATHOLIC KIDS CONNECTION](#)

**Live It:** This week, each family is encouraged to participate in person or virtually at one or more of the Holy Week services. We wish everyone a blessed and happy Easter!