

First Eucharist At-home Activity Center Directions

Receiving Communion: Review the information on the “Receiving Communion” sheet. Demonstrate how to hold your hands when receiving. We will practice with the host and cup (with water only) at our practice.

Church Tour Guide: Read through the guide together and discuss the items/locations. Stop by the church sometime and take the physical tour!

The Church: Discuss with your child that a church is a building, but not *just* a building; it is the Body of Christ, the many different people that gather together in Christ’s name. Have your child cut out the church, add people to the church, color and decorate.

Can You Find it? Objects Used for Mass: Children should take a copy of the worksheet *Name These Church Objects*, and parents should take a copy of *Can You Find It?* answer key. Read the top half of the worksheet *Name These Church Objects* together. Follow the directions to help your child complete the worksheet. (Choose from the answers at the bottom.)

The Last Supper: Read Luke 22:14-20, the story of the Last Supper, in your bible. How is this supper like the Mass? Look at the picture of the Last Supper and discuss with your child how it would feel to be sitting there. How close to Jesus would you sit? Direct your child to draw him/her self into the picture and color the picture.

The Mass: Cut apart the parts of the Mass, then together put them in the correct order. Look at *The Order of the Mass* to check your work.

RECEIVING COMMUNION

Here are the ways we show reverence and respect for the Eucharist

- ❖ Fast from all food and drink (except water and medicine) for one hour before receiving communion. Do not chew gum in church.
- ❖ Walk slowly, hands folded, toward the Priest or Eucharistic minister, reflecting that you are giving yourself to Jesus as you receive the bread of life.
- ❖ Bow reverently before receiving communion.
- ❖ Receive both the Body and Blood of Jesus when both are offered.
- ❖ Receive the Body of Christ by making a table with your hands.
- ❖ Say “Amen” loudly and clearly and look at the priest or Eucharistic minister.
- ❖ Fold your hands and prayerfully return to your seat.
- ❖ Join in singing the communion song.
- ❖ Say a prayer of thanksgiving after the song, during the quiet time.

Here are some ways we can show reverence and respect for other persons who are the Body of Christ

- ❖ Wait reverently for your turn. Be aware of others around you.
- ❖ Give others the Sign of Peace and thoughtfully pray the Our Father.
- ❖ Pray for others who are receiving the Eucharistic meal together with you at the table of the Lord.
- ❖ Sing the communion song with the community.
- ❖ Keep a reverent silence (except for the song) after you have received the Body and Blood of Christ.

CHURCH TOUR GUIDE

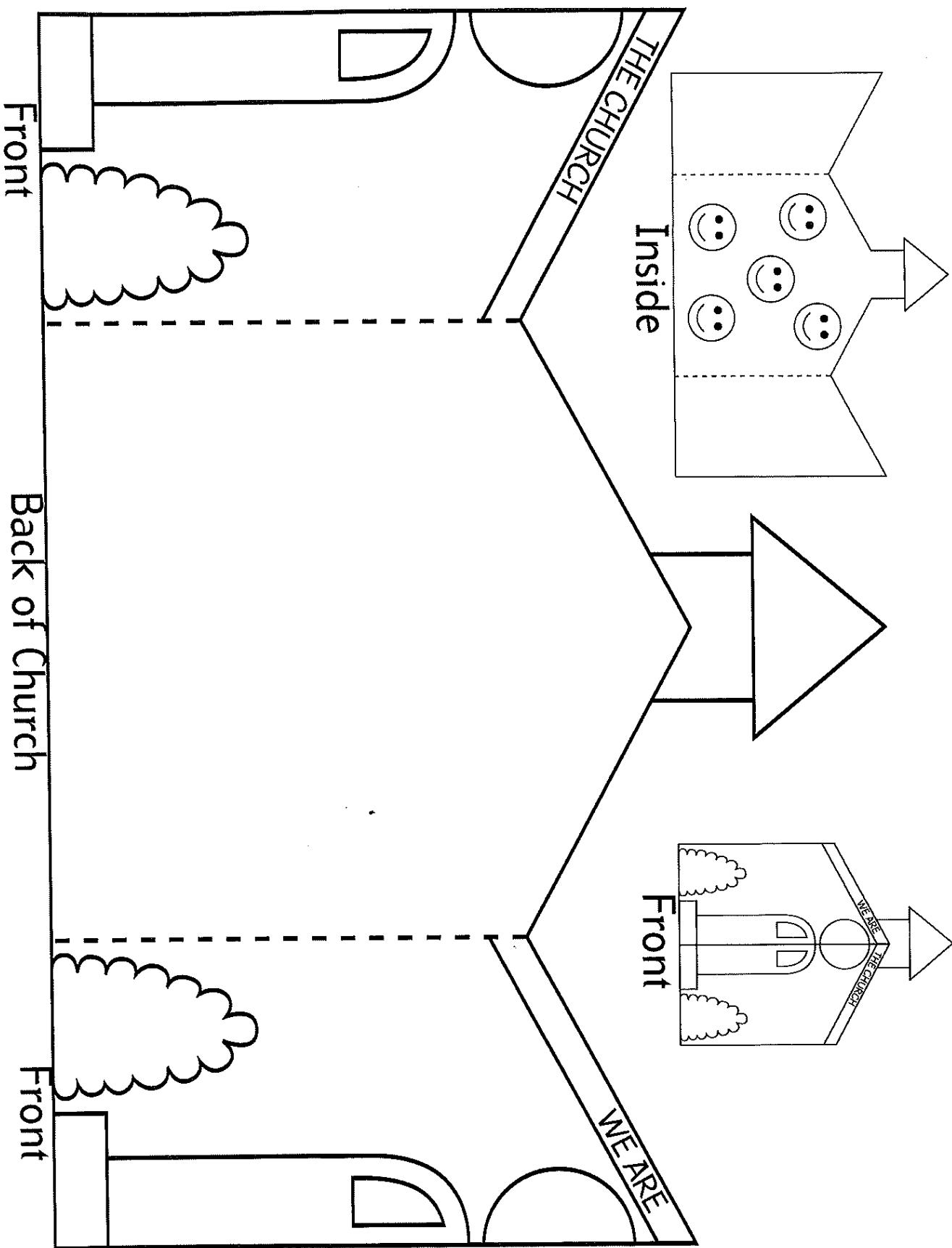
- † We make the sign of the cross with water as we enter the church. We take holy water from the **font**. It is called “holy” because it has been blessed by a priest. When we sign ourselves, we recall that at baptism we were welcomed into the community of faith and share in the work of Jesus. *Dip your hand in the water and make the Sign of the Cross together.*
- † In the church we can see one another, but we also focus on the **sanctuary**, the space where the altar is located. Church seats are long benches called **pews**. *Find the pew where you usually sit when you come to Mass and discuss why you like to sit in that pew/area.*
- † We believe that Jesus is truly present in the community that is assembled, the people gathered around the **altar**. The altar looks like a table, reminding us that Jesus comes to be our bread of life, and that we are sharing a sacred meal together. The altar is covered with an **altar cloth** (like a tablecloth) for this special meal. Jesus is truly present in the consecrated bread and wine we receive at communion. *Talk about special meals your family celebrates together.*
- † Near the altar are **candles**, symbols of the presence of Jesus, the light of the world. There is also a large candle called the **Paschal** or **Easter Candle**. It is a reminder of the risen Christ in our midst. *Look for the current year on the candle. Discuss how you use candles in your home (birthdays, when lights go out, for pleasant scents, Advent wreath, etc.)*
- † On the walls of the church there are fourteen **Stations of the Cross**. This devotion reminds us of the suffering of Jesus and the love he has for us. Most churches pray the Stations during Lent. *Walk around the Stations and talk about what is happening in each one.*
- † A **crucifix** is in the sanctuary. A crucifix is a cross with the body of Jesus on it. It is above the altar and is there to remind us of the total love Jesus has for us. *Look at Jesus on the cross and say a prayer of thanks that he gave his life for us.*

- † The **ambo** is the special stand used to hold the **lectionary** and **Book of the Gospels**, the books that contain the readings from the Bible. Jesus Christ is truly present in the Word of God proclaimed by the reader and in the priest who presides at worship. These are read by the lector and the priest or deacon. The priest or deacon stands at the ambo when they give the homily (sharing the meaning of the word of God with us). *Share one of your favorite stories from the Bible.*
- † Many Catholic churches have **statues**, especially of Jesus, Mary, and the saints, perhaps St. Joseph or the patron saint of the parish. We do not worship statues, but they remind us of the great faith of Mary and the saints. *Name the statues in our church.*
- † The **tabernacle** is located in the small Chapel near the music area. Here the consecrated hosts are reserved to bring to persons who are sick. A **sanctuary light** burns nearby to remind us that Jesus is present. *Kneel before the Tabernacle and tell Jesus how you feel about getting to receive the Eucharist for the first time.*
- † The **ambry** is the small cabinet in which the oils used in the Sacraments are kept, and can be located in the sanctuary area or near the Baptismal Font, as in our church. You will find three oils in the ambry: **Oil of Catechumens** (or Oil of Initiation, indicated by the letters O.I. and used in Baptism), **Oil of the Sick** (O.S., used for the Anointing of the Sick), and **Sacred Chrism** (S.C., used in Baptism, Confirmation, and Holy Orders). *Identify each oil in the ambry and discuss the ones with which you have been anointed.*

We as the people of God are called “Church,” but church is also this special place where we come together as a community of believers who praise and thank God.

We Are the Church

Color, decorate, and add people to your church.



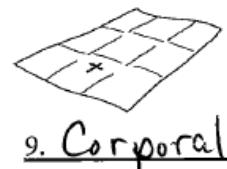
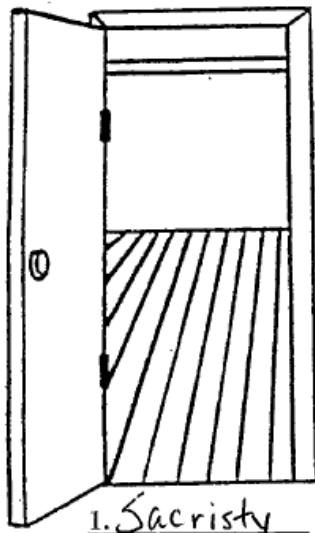
Can You Find It?

While one person reads each description below, the other can find the answer on the picture sheet. The reader should not give the answers unless the person answering is having difficulty.

1. The sacred vessels and the priest's robes are kept in this room. (*Sacristy*)
2. The priest wears this long white robe beneath his other vestments. (*Alb*)
3. The priest wears this colored robe over his long white robe. In Advent, the color is deep purple or blue to symbolize royalty in anticipation of the birth of the Messiah. During Lent the color is purple, a symbol of penance. At Christmas and Easter the robes are white, a symbol of resurrection, birth and rebirth. On Good Friday, Palm Sunday, Pentecost, and the feasts of martyrs, the color of the vestment is red, a symbol of the majesty of Christ and/or the action of the Holy Spirit. On Ordinary Sundays the celebrant wears green, a symbol of hope. (*Chasuble*)
4. This is worn by the priest whenever he celebrates a sacrament. It is a sign of his role as leader. (*Stole*)
5. This book contains all the prayers the priest says with us during Mass. (*Roman Missal; previously known as the Lectionary*)
6. This covered vessel holds the consecrated (made holy) communion hosts. (*Ciborium*)
7. This cup holds the wine that becomes the blood of Christ. (*Chalice*)
8. These hold the water and the wine used during Mass. (*Cruets*)
9. This square cloth is placed on the altar, and the priest places the ciborium and paten (plate or bowl which holds the hosts) on it. (*Corporal*)
10. This holy book contains all the readings from the Bible used during Mass. The readings are repeated every three years. (*Lectionary*)
11. From this stand, the priest, deacon, lectors, and cantors proclaim the Scripture and the priest gives the homily. (*Ambo*)
12. This is where the consecrated hosts (from a previous Mass) are kept, ready for communion for the sick or for those who wish to pray before the Blessed Sacrament. (*Tabernacle*)
13. This is where the person who presides at the Mass, the priest, sits at certain times during the Mass. (*Presider's Chair*)
14. This is where the priest prepares the sacred meal of the Eucharist. (*Altar*)

Name These Church Objects

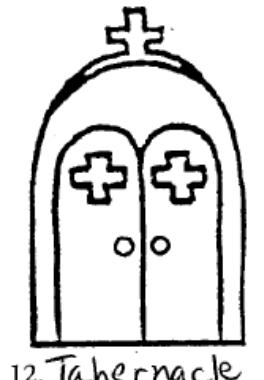
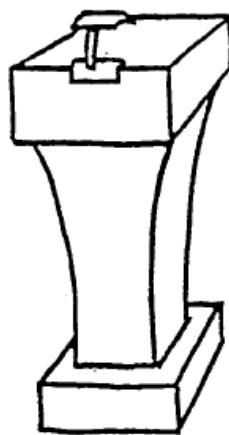
As you grow in your knowledge of the Mass, you will want to learn the names and meanings of some of the objects used at Mass. Can you name any of the following? Read the descriptions on the accompanying sheet. Write the correct word below each picture, using each of the words at the bottom of the page.



5. Roman Missal

6. Ciborium

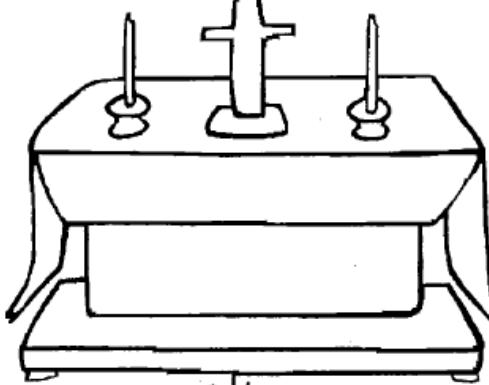
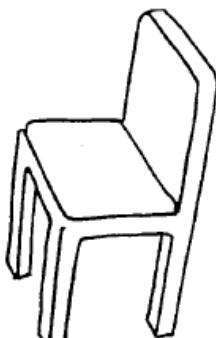
7. Chalice



11. Ambo

12. Tabernacle

13. Presider's Chair

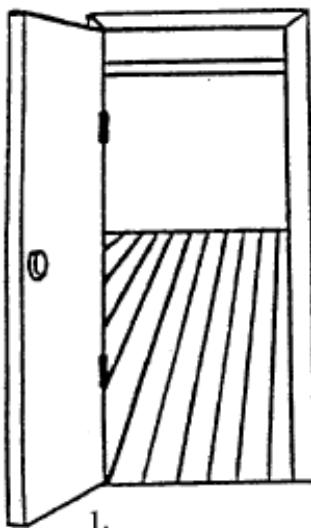


14. altar

Ciborium	sacristy	ambo	lectionary	chasuble	altar	Roman Missal
Chalice	cruets	corporal	alb	tabernacle	stole	presider's chair

Name These Church Objects

As you grow in your knowledge of the Mass, you will want to learn the names and meanings of some of the objects used at Mass. Can you name any of the following? Read the descriptions on the accompanying sheet. Write the correct word below each picture, using each of the words at the bottom of the page.



1. _____



2. _____



3. _____



4. _____



5. _____



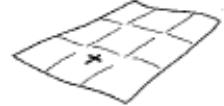
6. _____



7. _____



8. _____



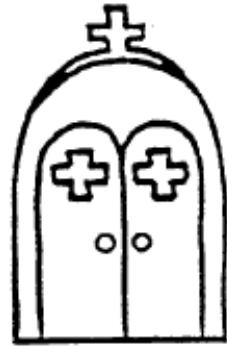
9. _____



10. _____



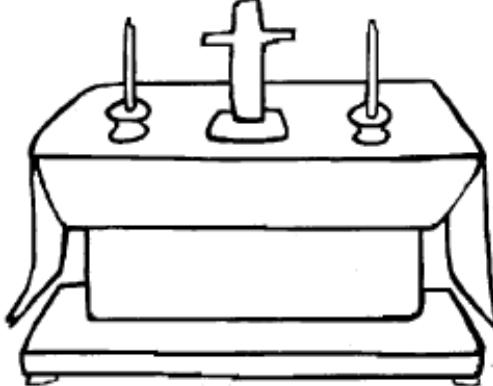
11. _____



12. _____



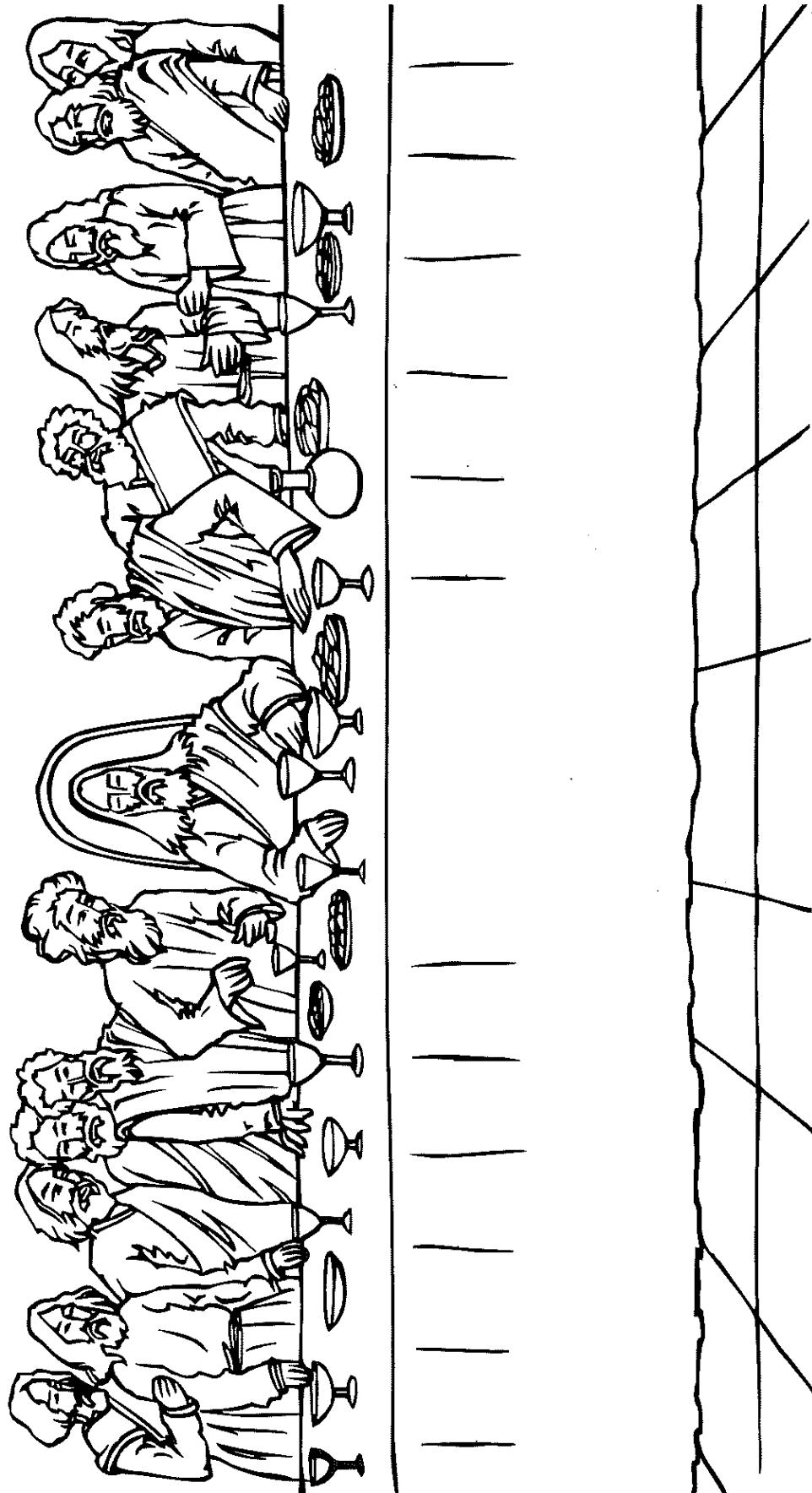
13. _____



14. _____

Ciborium	sacristy	ambo	lectionary	chasuble	altar	Roman Missal
Chalice	cruets	corporal	alb	tabernacle	stole	presider's chair

Do This in Remembrance of Me



Names of apostles: Peter, Andrew, John, Simon, Judas, Matthew, James, Philip, Bartholomew, Thomas, Thaddeus, James the Younger

The Order of the Mass

Introductory Rites: Coming Together

- **Procession and Entrance Song:** we sing and the presider comes forward to begin our time together.
- **Penitential Act:** we remember our sins and our need for reconciliation: “Lord, have mercy.”
- **Gloria:** we sing this joyful hymn to praise God.
- **Collect (Opening Prayer):** the presider gathers together all our needs and presents them to God. We answer, “Amen.”

Liturgy of the Word: Listening

- **First Reading:** we listen to the lector proclaim a reading from the Old Testament. We answer, “Thanks be to God.”
- **Responsorial Psalm:** we answer God’s word to us in the first reading through the words of a psalm from the Old Testament.
- **Second Reading:** we listen to a reading from the letters in the New Testament. We answer, “Thanks be to God.”
- **Gospel Acclamation:** We prepare to hear the good news by standing and singing a joyful chant, usually with the word “Alleluia.”
- **Gospel:** we stand as we listen to the presider proclaim the good news about Jesus. We answer, “Praise to you, Lord Jesus Christ.”
- **Homily:** the presider comments upon and shares insights about the readings.
- **Profession of Faith:** we define who we are and what we believe as a community.
- **Prayer of the Faithful:** we pray for the Church, for our world, and for one another.

Liturgy of the Eucharist: Sharing the Holy Meal

- **Presentation and Preparation of the Gifts:** we bring forward what we use for the sacred meal, as well as gifts for our needy sisters and brothers.
- **Prayer over the Gifts:** the presider invites us to pray with him that God will accept our gifts.
- **Preface:** the presider begins the Eucharistic Prayer by praising God for the wonderful works of creation and redemption
- **Holy, Holy, Holy:** following the preface, we join all creation in giving praise to the Father through Jesus.
- **Consecration:** we remember Jesus and his last supper. The bread and wine become Jesus’ Body and Blood.
- **Memorial Acclamation:** by responding to “The mystery of faith” we proclaim our belief in Jesus’ death, resurrection and final coming.

Communion Rite

- **Lord’s Prayer:** as we prepare to receive Communion, we pray the prayer that Jesus taught us.
- **Sign of Peace:** we share a sign of peace to show we forgive and love one another.
- **Lamb of God:** we sing this litany-song during the breaking of the bread, asking for mercy and peace.
- **Holy Communion:** we share the Body and Blood of Christ, then reflect and pray about what has just occurred in our lives.
- **Prayer after Communion:** the presider prays that our receiving Jesus will change us, that we may be more like Jesus.

Concluding Rites: The Going Forth

- **Final Blessing and Dismissal:** we are blessed and sent forth to go in peace to serve one another.
- **The “going forth”:** we sing a closing song and may sign ourselves with holy water as we leave.

<p>Penitential Act</p> <p>We remember our sins and our need for reconciliation: “Lord have mercy.”</p>		<p>Presentation and Preparation of the Gifts</p> <p>In procession, we bring our gifts of bread and wine to the altar. These represent the gift of ourselves.</p>
<p>Gloria</p> <p>We sing this joyful hymn to praise our God.</p>		<p>Prayer over the Gifts</p> <p>The presider invites us to pray with him (“Pray, my brothers and sisters...”) that God will accept our gifts.</p>
<p>Collect (Opening Prayer)</p> <p>The presider gathers together all our needs and presents them to God. We answer, “Amen.”</p>		<p>Preface</p> <p>The presider begins our Eucharistic Prayer by praising God for the wonderful works of creation and redemption.</p>
<p>Responsorial Psalm</p> <p>We answer God’s word to us in the first reading through the words of a psalm from the Old Testament.</p>		<p>Holy, Holy, Holy</p> <p>At the end of the Preface, we join all creation in giving praise to the Father through Jesus.</p>
<p>Gospel Acclamation</p> <p>We prepare to hear the good news by standing and singing a joyful chant, usually with the word “Alleluia.”</p>		<p>Consecration</p> <p>The words of institution and Consecration in the Eucharistic Prayer recall Jesus’ actions at the Last Supper. Through these words, Jesus again becomes present in the bread and wine.</p>
<p>Homily</p> <p>The presider shares his reflections on the message of God’s word that we have just heard. We listen attentively.</p>		<p>Memorial Acclamation</p> <p>We respond in song to “The mystery of faith,” proclaiming our belief in Jesus’ death, resurrection, and final coming.</p>

<p>Lord's Prayer</p> <p>As we prepare to receive Communion, we pray the prayer that Jesus taught us, a petition for daily food and forgiveness.</p>		<p>Gospel</p> <p>We stand as we listen to the presider proclaim the good news about Jesus. We answer, "Praise to you, Lord Jesus Christ."</p>
<p>Lamb of God</p> <p>We sing this litany-song during the breaking of the bread, asking for mercy and peace.</p>		<p>Prayer of the Faithful</p> <p>We pray for those who need our care, and respond: "Lord, hear our prayer."</p>
<p>Prayer after Communion</p> <p>The presider prays that our receiving Jesus will change us, that we may be more like Jesus.</p>		<p>Profession of Faith</p> <p>We stand and profess what we believe in the words of the Creed: "We believe in one God..."</p>
<p>Final Blessing and Dismissal</p> <p>We are sent forth to live the Eucharist with God's blessing, strength, and courage.</p>		<p>Second Reading</p> <p>We listen to a reading from the letters in the New Testament. We answer, "Thanks be to God."</p>
<p>Sign of Peace</p> <p>We share a sign of peace to show we forgive and love one another.</p>		<p>Communion</p> <p>We receive Jesus in the bread and wine and say "Amen," which means "Yes, I believe."</p>
<p>First Reading</p> <p>We listen to the lector proclaim a reading from the Old Testament. We answer, "Thanks be to God."</p>		<p>Procession and Entrance Song</p> <p>We begin our celebration together by praising God with one voice, expressing our unity and spirit.</p>