

# The Sacrament of the Eucharist

Preparation for First Holy Communion

A Catechism, Lent, Roman and Anglican with the approval of the Bishops' Conference of Ireland

## 1. Community of Faith

### What is a Community?

Community is a group of people who share a common purpose or goal. In the Church, this is the Kingdom of God. Community is not just about numbers, but about the quality of our relationships. It is about how we live together and how we support each other.

### The Church Community

The Church is a community of people who are united by their faith in Jesus Christ. We are called to live together in love, peace, and unity. The Church is the Body of Christ, and we are all members of it. We are called to serve one another and to work for the Kingdom of God.

### How are you welcomed into the Church community?

We are welcomed into the Church community through the sacrament of Baptism. Baptism is the doorway to the Church, and it is the beginning of our journey with God. Through Baptism, we are united with Christ and with the Church.

Can Learning

For the Teacher

## 2. The Sacraments

### Sacraments of Initiation

Baptism  
Confirmation  
Eucharist

### Sacrament of Reconciliation

Reconciliation is the sacrament of God's mercy. It is the way we are forgiven for our sins and restored to communion with God and the Church. It is a time of healing and renewal.

### The Other Sacraments

There are 7 other sacraments that people can receive in each of the Churches of the Church. Marriage, Holy Orders, Anointing of the Sick, Ordination of Deacons, Holy Eucharist, Holy Communion, and Holy Orders.

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For the Teacher

## 3. Faith Journey

### The Journey of Elijah

The Journey of Elijah is a story of a man who was taken up to heaven in a chariot of fire. It is a story of faith and courage, and of the power of God. It is a story that reminds us of our own journey of faith.

### The Miracle of the Loaves and Fishes

The Miracle of the Loaves and Fishes is a story of Jesus feeding a large crowd of people with only a few loaves of bread and some fish. It is a story of God's power and of Jesus' love for his people.

### The Road to Emmaus

The Road to Emmaus is a story of two disciples who were walking with Jesus on the day after his resurrection. They did not recognize him, but he recognized them. It is a story of faith and of the power of God.

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## 4. The Last Supper

### The Scripture

The Scripture tells us that Jesus ate the Last Supper with his disciples on the night before he was crucified. It was a meal of love and of fellowship, and it was a meal that was full of meaning.

### Jesus Washes the Disciples' Feet

Jesus washing the disciples' feet is a story of Jesus' love and of his humility. It is a story that reminds us of our own need for love and of our own need for humility.

### Sacrifice of the Mass

The Sacrifice of the Mass is a story of Jesus' sacrifice for the world. It is a story that reminds us of our own need for sacrifice and of our own need for love.

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For the Teacher

## 5. Holy Communion

### Thanksgiving to God

Thanksgiving to God is a part of the Eucharist. It is a time when we give thanks to God for all that he has done for us. It is a time of praise and of worship.

### The Real Presence

The Real Presence is the belief that Jesus is truly present in the Eucharist. It is a belief that is central to the faith of all Christians. It is a belief that reminds us of our own need for Jesus and of our own need for love.

### Communion

Communion is the sacrament of God's love. It is the way we are united with Christ and with the Church. It is a time of healing and of renewal.

### Celebrating at Mass

Celebrating at Mass is a time of joy and of fellowship. It is a time when we come together to worship God and to love one another. It is a time that reminds us of our own need for joy and of our own need for love.

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For the Teacher

## 6. Liturgy of the Word

### The Gathering Rite

The Gathering Rite is the beginning of the Liturgy of the Word. It is a time when we gather together to worship God and to love one another. It is a time that reminds us of our own need for God and of our own need for love.

### The Readings, Psalm and Gospel

The Readings, Psalm and Gospel are the heart of the Liturgy of the Word. They are the words of God, and they are the words that we need to hear. They are the words that remind us of our own need for God and of our own need for love.

### The Creed and The Prayers of the Faithful

The Creed and The Prayers of the Faithful are the end of the Liturgy of the Word. They are the words of our faith, and they are the words that we need to pray. They are the words that remind us of our own need for God and of our own need for love.

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## 7. Liturgy of the Eucharist

### The Offertory

The Offertory is a time when we offer our gifts to God. It is a time of prayer and of worship. It is a time that reminds us of our own need for God and of our own need for love.

### Eucharistic Prayer

The Eucharistic Prayer is the heart of the Liturgy of the Eucharist. It is a time when we pray for the world and for all people. It is a time that reminds us of our own need for God and of our own need for love.

### Communion

Communion is the sacrament of God's love. It is the way we are united with Christ and with the Church. It is a time of healing and of renewal.

### The Greatest Commandment

The Greatest Commandment is the love of God and the love of our neighbor. It is the heart of the faith, and it is the heart of the Church. It is a time that reminds us of our own need for God and of our own need for love.

Can Learning

For the Teacher

## 8. United in Jesus

### Congratulations

Congratulations are a time when we celebrate with one another. It is a time of joy and of fellowship. It is a time that reminds us of our own need for joy and of our own need for love.

### Jesus is the Centre

Jesus is the centre of our faith. He is the one who saves us and who gives us life. He is the one who loves us and who forgives our sins. He is the one who is the heart of the Church.

### What happens now?

What happens now is that we go back to our daily lives. We are called to live in love and in peace, and to work for the Kingdom of God. We are called to be witnesses of our faith and to be instruments of God's love.

Can Learning

For the Teacher

# Preparation for First Holy Communion

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## 1. Community of Faith

### What is a Community?

Community (noun)-A group of people living in the same place or having a particular attitudes, beliefs, interests or characteristics in common.

1. Write your own definition of a community
2. Discuss some examples of different communities.
3. What communities do you belong to?

**Activity**  
Look in pairs of artwork, like a village or a city map, showing yourself at the centre.  
  
Surround yourself with the different communities that you belong to, draw the people who belong to these communities too.

### The Church Community



Look at the two images. One is a church building and one is a large group of people attending mass. The Church is a special and holy place but even more special are the people who make up the Community of the Church.



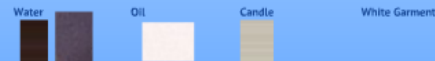
### Activity

Visit your local church and ask your parish priest to give you a tour. Take some photos and videos to produce a 'visitors guide' to your church.

### How are you welcomed into the Church community?

You were first welcomed into the church community through the sacrament of Baptism.

Find out about the 4 symbols of Baptism.



### Core Learning

I know that the seven sacraments work as help and strengthen in every journey of faith.  
  
I know that the sacraments of Initiation are Baptism, Confirmation and the Eucharist and that, through them, I am welcomed into the community of faith, the Church.

### For the teacher

## 2 The Sacraments

# Core Learning

I know that the seven sacraments make us holy and strengthen us in our journey of faith.

I know that the sacraments of initiation are Baptism, Confirmation and the Eucharist and that, through these, I am welcomed into the community of faith, the Church.

# What is a Community?

Community (noun)-A group of people living in the same place or having a particular attitudes, beliefs, interests or characteristics in common.

1. Write your own definition of a community
2. Discuss some examples of different communities.
3. What communities do you belong to?

## Activity

Create a piece of artwork, like a collage or mindmap, showing yourself at the centre.

Surround yourself with the different communities that you belong to, show the people who belong to these communities too.

# The Church Community



© Patrick McGuire



Pope Benedict XVI visit to  
Bellahouston 2010  
© C. Dorman

Look at the two images. One is a church building and one is a large group of people attending mass. The Church is a special and holy place but even more special are the people who make up the Community of the Church.

## Activity

Visit your local church and ask your parish priest to give you a tour. Take some photos and videos to produce a 'visitors guide' to your church

# How are you welcomed into the Church community?

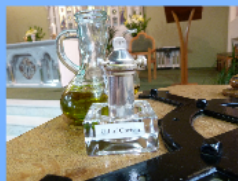
You were first welcomed into the church community through the sacrament of Baptism.

Find out about the 4 symbols of Baptism.

**Water**



**Oil**



**Candle**



**White Garment**

# 2. The Sacraments

## Sacraments of Initiation

Baptism



Eucharist



Confirmation



## Sacrament of Reconciliation

At the beginning of mass everyone joins together in saying sorry to God. This is known as the...

...**Penitential Rite**

**Activity**

Last year you said sorry to God when you celebrated your...

**First Reconciliation**

When you make the Sacrament of Reconciliation you say 'I am sorry' to God for all the things you have done wrong.

**Activity**

**Research**

## The Other Sacraments

There are 3 other sacraments that people can receive as part of the Community of the Church...

Marriage

Holy Orders

Anointing of the Sick

**Activity**

**Research**

## Core Learning

Understand the sacraments of initiation and Baptism, Confirmation and the Eucharist and how, through these, I am welcomed into the community of the Church.

Understand that, in the sacrament of Reconciliation, I can absolve from sin, grow in holiness and strength, and give a fresh start in my life.

Follow the importance of participation in the sacrament of Penance, which leads me to receive the sacrament of Baptism more meaningfully.

## For the teacher

# Core Learning

I know that the sacraments of initiation are Baptism, Confirmation and the Eucharist and that, through these, I am welcomed into the community of faith, the Church.

I can recall that, in the sacrament of Reconciliation, I am cleansed from sin, given healing and strength, and given a fresh start in my life.

I know the importance of participation in the sacrament of Penance, which helps me to receive the sacrament of Eucharist more worthily.



# Sacraments of Initiation

Baptism



Eucharist



Confirmation



# Sacrament of Reconciliation

At the beginning of mass everyone joins together in saying sorry to God. This is known as the...

## ...Penitential Rite

**Priest:** You were sent to heal the contrite of heart  
Lord, have mercy.

**People:** Lord, have mercy.

**Priest:** You came to call sinners.

Christ, have mercy.

**People:** Christ, have mercy.

**Priest:** You are seated at the right hand of the

Father to intercede for us.

Lord, have mercy.

**People:** Lord, have mercy.

**Priest:** May almighty God have mercy on us, forgive

us our sins, and bring us to everlasting life.

**People:** Amen.

## Activity

The prayers that the priest says in this version of the Penitential Rite can be changed for First Holy Communion mass. Write these prayers in your own words and ask the Parish Priest to choose which ones could be used at your First Holy Communion Mass.

Last year you said sorry to God when you celebrated your

## First Reconciliation

When you make the Sacrament of Reconciliation you are forgiven by God for all the things you have done wrong.

## Activity

How long has it been since you last made the Sacrament of Reconciliation?

You should make the Sacrament of Reconciliation before you receive the Eucharist for the first time. Maybe you could go along with your parents or invite the parish priest to hold a reconciliation service in school.

# THE SACRAMENT OF RECONCILIATION

Last year you said sorry to God when you celebrated your

## First Reconciliation

When you make the Sacrament of Reconciliation you are forgiven by God for all the things you have done wrong.

## Activity

How long has it been since you last made the Sacrament of Reconciliation?

You should make the Sacrament of Reconciliation before you receive the Eucharist for the first time. Maybe you could go along with your parents or invite the parish priest to hold a reconciliation service in school.

At the beginning of mass everyone joins together in saying sorry to God. This is known as the...

## ...Penitential Rite

**Priest:** You were sent to heal the contrite of heart  
Lord, have mercy.

**People:** Lord, have mercy.

**Priest:** You came to call sinners.  
Christ, have mercy.

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Lord, have mercy.

**People:** Lord, have mercy.

**Priest:** May almighty God have mercy on us, forgive  
us our sins, and bring us to everlasting life.

**People:** Amen.

## Activity

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# The Other Sacraments

There are 3 other sacraments that people can receive as part of the Community of the Church...

**Marriage**

**Holy Orders**

**Anointing of the Sick**

## Activity:

Find out about these sacraments, what they involve and how they might welcome people further into the Community of the Church. You could invite your local priest, deacon, or a married person to speak to the class. Alternatively you could do some online research

## Research:

Anointing of the Sick (e.g. <http://www.loyolapress.com/the-sacrament-of-the-anointing-of-the-sick.htm>)  
Holy Orders (e.g. <http://www.loyolapress.com/sacrament-of-holy-orders.htm>)  
Marriage (e.g. <http://www.loyolapress.com/sacrament-of-matrimony.htm>)

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Marriage (e.g. <http://www.loyolapress.com/sacrament-of-matrimony.htm>)



# 3. Faith Journey

## The Journey of Elijah

### The Scripture

1 Kings 17:1-24  
 Elijah had been a long journey and he was very tired and hungry. He went to a brook and found a widow there. She had only a little flour and oil left. She was about to make a small cake for herself and her son. Elijah asked her to give him some. She did and the flour and oil never ran out. After a while, the widow's son became sick and died. Elijah prayed and the son came back to life.



Find out about the ways in which food nourishes us. In what other ways can we be nourished?

Bring a cake into class (or bake one in school), share the cake and some water from a large jug to symbolize what happened to Elijah.

Write Elijah's diary of the journey for that day, describe how he felt before and after God provided him with food.

## The Miracle of the Loaves and Fishes

### The Scripture

Matthew 14:13-21  
 Jesus and his disciples went to a deserted place. A large crowd followed them. Jesus asked the disciples how many loaves they had. They answered, 'Seven.' Jesus took the seven loaves, gave thanks, and broke them. He gave them to the disciples, who gave them to the crowd. The crowd ate and was satisfied. There were twelve baskets of leftovers.



What did Jesus mean when he said 'I am the bread of life'? How did he nourish the crowd?

Share the loaves of bread (small baguettes will do) and two sprigged fish between everyone in the class. How many baskets of leftovers are there?

How did Jesus nourish the crowd of followers in this passage?

## The Road to Emmaus

### The Scripture

Luke 24:13-35  
 Two disciples were walking to Emmaus. They were sad because they didn't see Jesus. A stranger joined them and they talked. The stranger showed them how the Scriptures pointed to him. They were amazed and happy.



In what ways were the disciples nourished on this journey?

Ask your teacher to print out the sequencing task in the teachers area. Put the story in the correct order.

Use the cards to act out each part of the Emmaus story.

Create a piece of artwork for each part of the Emmaus story or create a comic strip of the story. You could use gear artwork to create a comic strip using ComiCLife for Mac or a similar application.

### Core Learning

I can hear, read and recall narratives from the Old and New Testament that tell how God nourished people on their faith journey.

### For the teacher



# 4 The Last Supper

# Core Learning

I can hear, read and recall narratives from the Old and New Testament that tell how God nourished people on their faith journey.

# The Journey of Elijah

## The Scripture

1 Kings 19: 4-8

Elijah himself went a day's journey into the wilderness, and came and sat down under a solitary broom tree.

He asked that he might die:

'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.'

Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.'

He looked, and there at his head was a cake baked on hot stones, and a jar of water.

He ate and drank, and lay down again.

The angel of the Lord came a second time, touched him, and said,

'Get up and eat, otherwise the journey will be too much for you.'

He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.



Find out about the ways in which food nourishes us.

In what other ways can we be nourished?

Bring a cake into class (or bake one in school), share the cake and some water from a large jug to symbolize what happened to Elijah.

Write Elijah's diary of the journey for that day, describe how he felt before and after God provided him with food.

# The Scripture

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# The Miracle of the Loaves and Fishes

## The Scripture

Mark 6: 30-44

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them.

As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things.

When it grew late, his disciples came to him and said, 'This is a deserted place, and the hour is now very late; send them away so that they may go into the surrounding country and villages and buy something for themselves to eat.'

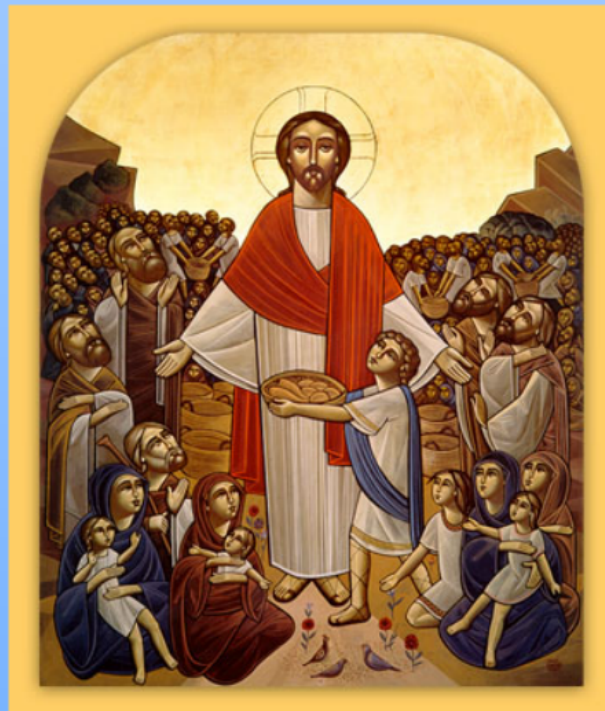
But he answered them, 'You give them something to eat.' They said to him, 'Are we to go and buy two hundred denarii worth of bread, and give it to them to eat?'

And he said to them, 'How many loaves have you? Go and see.'

When they had found out, they said, 'Five, and two fish.' Then he ordered them to get all the people to sit down in groups on the green grass. So they sat down in groups of hundreds and of fifties.

Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to his disciples to set before the people; and he divided the two fish among them all.

And all ate and were filled; and they took up twelve baskets full of broken pieces and of the fish. Those who had eaten the loaves numbered five thousand men.



What did Jesus mean when he said the crowd were "like sheep without a shepherd" have you heard any other scripture stories when Jesus talks about this?

Share five loaves of bread (small baguettes will do) and two smoked fish between everyone in the class. How many baskets of leftovers are there?

How did Jesus nourish the crowd of followers in this passage?

# The Scripture

Mark 6: 30-44

The apostles gathered around Jesus,  
and told him all that they had done and taught.  
He said to them, 'Come away to a deserted place all by yourselves and rest a while.'  
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fish. Those who had eaten the loaves numbered five thousand men.



# The Road to Emmaus

## The Scripture

John 21: 9-14

When they had gone ashore, they saw a charcoal fire there, with fish on it, and bread. Jesus said to them, 'Bring some of the fish that you have just caught.' So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and though there were so many, the net was not torn. Jesus said to them, 'Come and have breakfast.' Now none of the disciples dared to ask him, 'Who are you?' because they knew it was the Lord.

Jesus came and took the bread and gave it to them, and did the same with the fish. This was now the third time that Jesus appeared to the disciples after he was raised from the dead.



In what ways were the disciples nourished on this journey?

Ask your teacher to print out the sequencing task in the teachers area. Put the story in the correct order.

Use the cards to act out each part of the Emmaus story.

Create a piece of artwork for each part of the Emmaus story or create a comic strip of the story. You could use your artwork to create a comic strip using ComicLife for Mac or a similar application.

# The Scripture

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Jesus came and took the bread and gave it to them,  
and did the same with the fish.  
This was now the third time that Jesus appeared  
to the disciples after he was raised from the dead.



In what ways w  
the disciples  
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# For the teacher

## Theme 4a: Faith Journey

### Introduction:

Themes 4 will focus on scripture passages from the old and new testaments in which God the Father and God the Son provides nourishment his followers on their journey of faith, very much in the same way as we are nourished by the Eucharist given to us by Jesus in our own journey of faith. A similar approach to teaching each scripture passage can be taken (appendix?) and an exemplar is provided for one reading in each section. It should be noted that it is not compulsory for all scripture passages to be taught, some teachers might decide to focus on fewer passages, but cover them in greater detail.

### Core Learning:

*I can hear, read and recall narratives from the Old and New Testament that tell how God nourished people on their faith journey.*

### Scripture/Prayer:

- Exodus 16 (Manna) (Please note that this is a very long passage)
- 1 Kings 19: 4-8 (journey of Elijah)

### Learning Experiences and Opportunities for Assessment:

Say	Write
Was it only the food that nourished Elijah on his journey? Discuss the ways in which food nourishes us, and the other ways we can be nourished and given strength.	... A diary of Elijah's journey for that day, how he felt before and after God provided him with food.
Make	Do
Bring a cake into class (or bake one in school), share the cake and some water from a large jug to symbolize what happened to Elijah.	Ask the children to act out Elijah's journey in pairs, one being Elijah and the other the Angel.

### The Mass and the Road to Emmaus

Match the relevant part of the Mass with the events from Scripture (Luke 24:13-35). Cut out and laminate each card and ask the pupils to match the parts and place them in the correct order.

Gathering Rite – we gather in the church, the priest joins us and says, “The Lord be with you. Although we cannot see Jesus, we know from Scripture that he is with us when we gather in his name.

Penitential Rite – we call to mind our sins and ask God to forgive us. This is our opportunity to talk to God about the things that we are finding difficult and ask him to help us to do better.

Liturgy of the Word – we listen to the Word of God as the Scriptures are proclaimed. The priest then interprets them for us in his homily.

Liturgy of the Eucharist – during the consecration Jesus becomes physically present to us in the form of the Blessed Sacrament. We can see him with our own eyes.

Concluding Rite – at the end of every Mass the priest or deacon says, “Go in peace”. This means that we should go into the world and bring the Christ that we have received to others, telling them about what we have seen and heard.

A downloadable/printable version is available, double click here: <http://www.rcdomeducation.org.uk/p7-eastertide.html>

Two disciples were on their way to a village called Emmaus when Jesus himself drew near and walked with them. The disciples did not recognise Jesus.

The disciples appeared to be troubled so Jesus asked them what they were discussing.

In response to the disciples' concerns and struggles Jesus referred to Scripture and interpreted it for them.

Jesus stayed with the disciples for supper. He took the bread, said the blessing, broke it and gave it to them. At this moment the disciples' eyes were opened and they recognised him.

The disciples were unable to contain their joy and ran all the way back to Jerusalem to tell their friends about what had happened and how they had encountered Jesus.

how he felt before and after said provided him with food.

How did Jesus nourish the crowd of followers in this passage?

*[Small text snippet, partially illegible]*

# 4. The Last Supper

## The Scripture

*[Small text snippet]*



Class activity: Hold a Last Supper re-enactment

### The Meal

Discuss nourishment, physically, mentally and spiritually (for example, learning in school; lunch & PE, Other Subjects, RE and Mass)

## Jesus Washes the Disciples' Feet

### The Scripture

*[Small text snippet]*



Jesus becomes our servant.

## Sacrifice of the Mass

What is a Sacrifice? Have you ever made a sacrifice? what did you do?

After the Last Supper Jesus sacrificed Himself on the cross for us. This was the greatest sacrifice.



Bread and Wine become Jesus. Last Supper Today Consecration

### Core Learning

*[Small text snippet]*

### For the teacher

For ideas and pictures of a virtual Receiving celebration, [click here](#).

# 5 Holy Communion

# Core Learning

Eucharist: Thanksgiving to God, The Last Supper took place during the celebration of Easter when the Jewish people gave thanks to God for freedom from slavery. (Son of God 1-06a, 07a)

Sacrifice of the Mass: Jesus' death and resurrection made present (Son of God 1-07a)

I know that, at the Last Supper, Jesus chose bread and wine, which nourish us physically, as symbols of the spiritual nourishment he wished to give us.

I know that we are spiritually nourished in the Eucharist because the bread and wine become the Body and Blood of Christ at the Consecration.

# The Scripture

Matthew 26:17-30

On the first day of Unleavened Bread the disciples came to Jesus, saying, 'Where do you want us to make the preparations for you to eat the Passover?' He said, 'Go into the city to a certain man, and say to him, "The Teacher says, My time is near; I will keep the Passover at your house with my disciples." ' So the disciples did as Jesus had directed them, and they prepared the Passover meal.

When it was evening, he took his place with the twelve; and while they were eating, he said, 'Truly I tell you, one of you will betray me.' And they became greatly distressed and began to say to him one after another, 'Surely not I, Lord?' He answered, 'The one who has dipped his hand into the bowl with me will betray me. The Son of Man goes as it is written of him, but woe to that one by whom the Son of Man is betrayed! It would have been better for that one not to have been born.' Judas, who betrayed him, said, 'Surely not I, Rabbi?' He replied, 'You have said so.'

While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, 'Take, eat; this is my body.' Then he took a cup, and after giving thanks he gave it to them, saying, 'Drink from it, all of you; for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father's kingdom.'



'The Last Supper' by Leonardo DiVinci

Class activity:  
Hold a Last Supper  
re-enactment

## The Meal

Discuss nourishment; physically, mentally and spiritually (for example, learning in school; lunch & PE, Other Subjects, RE and Mass)

Matthew 26:17-30

On the first day of Unleavened Bread the disciples came to Jesus, saying, 'Where do you want us to make the preparations for you to eat the Passover?' He said, 'Go into the city to a certain man, and say to him, "The Teacher says, My time is near; I will keep the Passover at your house with my disciples."' So the disciples did as Jesus had directed them, and they prepared the Passover meal.

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Discuss  
spiritual  
& PE, C

# Jesus Washes the Disciples' Feet

## The Scripture

John 13:1-17

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, 'Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, servants are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.'



Giotto di Bondone (1267-1337)

## Jesus becomes our servant.

# The Scripture

John 13:1-17

Now before the festival of the Passover, Jesus knew that his hour had come to depart from this world and go to the Father. Having loved his own who were in the world, he loved them to the end. The devil had already put it into the heart of Judas son of Simon Iscariot to betray him. And during supper Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, 'Lord, are you going to wash my feet?' Jesus answered, 'You do not know now what I am doing, but later you will understand.' Peter said to him, 'You will never wash my feet.' Jesus answered, 'Unless I wash you, you have no share with me.' Simon Peter said to him, 'Lord, not my feet only but also my hands and my head!' Jesus said to him, 'One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you.' For he knew who was to betray him; for this reason he said, 'Not all of you are clean.'

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# Sacrifice of the Mass

After the Last Supper Jesus sacrificed Himself on the cross for us. This was the greatest sacrifice.

What is a Sacrifice?

Have you ever made a sacrifice? what did you do?



© Patrick McGuire

Bread and Wine become  
Jesus. **Last Supper Today**  
Consecration



# For the teacher

For ideas and pictures of a school Passover celebration, double click here:

[http://  
www.rcdomeducation.org.uk/  
passover-st-elizabeths.html](http://www.rcdomeducation.org.uk/passover-st-elizabeths.html)

# 5. Holy Communion

## Eucharist means Thanksgiving to God

### The Passover

On a Sunday Jews celebrate the Sabbath  
This is the Lord's special day  
Christians celebrate the Lord's day  
on a Sunday, the day of Jesus' Resurrection, and we Catholics attend Mass on a Sunday.

### The Passover with the Disciples

Prayers of Thanksgiving  
What are you thankful for in your life?  
Write some prayers of Thanksgiving to God.

### The Passover Meal

Seder Plate Unleavened Bread

## The Eucharist is The Real Presence of Jesus Christ

If there are any Communion Hosts left over after communion the priest places them in the **Tabernacle**



The Eucharist is always kept in the tabernacle so that Jesus is always present in the Church.

When the priest passes the Tabernacle the boys on knees. We should do this too. Why do we do this?

### Exposition

During Exposition the Eucharist is displayed for everyone to see. We genuflect in front of the Eucharist. We do so on **both knees**.



The monstrance

How else does Jesus show his presence in the world today?

**Activity**  
Ask the parish priest to prepare an Exposition in the Church or school. Stay to pray for the presence of the Lord in this world.

## Communion

When we receive Holy Communion at Mass we do so together as a community. We are united with God and one another in the community of the Church

The Blood of Christ (wine) is held in the **Chalice**



The chalice



The ciborium

The Body of Christ (bread) is held in the **Ciborium**



The ciborium

### Did you know?

We should **Fast** for one hour before we go to Mass to receive Our Lord in Holy Communion.

## Celebrating at Mass

What kind of things do we celebrate?

Mass is a **Celebration!**

We celebrate all the things that Jesus did for us. We celebrate receiving Jesus in the Eucharist. We celebrate His Life and Resurrection.

Mass can be thought of as **Party!**

### Activity

What do Mass and parties have in common?



## Core Learning

1. The Eucharist is the Real Presence of Jesus Christ. It is the Body and Blood of Christ, which are united with the bread and wine. We receive Jesus in the Eucharist. We celebrate His Life and Resurrection.

## For the teacher

# Core Learning

I have explored the sacrament of the Eucharist in the other Strands of Faith and I can understand and explain the significance of its different names:

Eucharist: Thanksgiving to God, The Last Supper took place during the celebration of Passover when the Jewish people gave thanks to God for freedom from slavery. (Son of God 1-06a, 07a)

Real Presence: the risen Jesus truly present among us (Son of God 1-07a)

I have explored the sacrament of the Eucharist in the other Strands of Faith and I can understand and explain the significance of its different names:

Holy Communion: uniting us with God and one another in the community of the Church (Image of God 1-02a)

Mass: being sent out to live the Gospel (Reign of God 1- 20a)

Sacrifice of the Mass: Jesus' death and resurrection made present (Son of God 1-07a)

Eucharist means

# Thanksgiving to God

## The Passover

Exodus 12: 1-7, 11-14, 17

The Lord said to Moses and Aaron in Egypt, "This month is to be for you the first month, the first month of your year. Tell the whole community of Israel that on the tenth day of this month each man is to take a lamb for his family, one for each household.

Take care of them until the fourteenth day of the month, when all the members of the community of Israel must slaughter them at twilight. Then they are to take some of the blood and put it on the sides and tops of the door frames of the houses where they eat the lambs.

This is how you are to eat it: with your cloak tucked into your belt, your sandals on your feet and your staff in your hand. Eat it in haste; it is the Lord's Passover.

"On that same night I will pass through Egypt and strike down every firstborn of both people and animals, and I will bring judgment on all the gods of Egypt. I am the Lord. The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you. No destructive plague will touch you when I strike Egypt.

"This is a day you are to commemorate; for the generations to come you shall celebrate it as a festival to the Lord—a lasting ordinance."

"Celebrate the Festival of Unleavened Bread, because it was on this very day that I brought your divisions out of Egypt. Celebrate this day as a lasting ordinance for the generations to come.

## The Passover with the Disciples

Mark 14:12-16

On the first day of Unleavened Bread, when the Passover lamb is sacrificed, his disciples said to him, "Where do you want us to go and make the preparations for you to eat the Passover?"

So he sent two of his disciples, saying to them, "Go into the city, and a man carrying a jar of water will meet you; follow him, and wherever he enters, say to the owner of the house,

"The Teacher asks, 'Where is my guest room where I may eat the Passover with my disciples?'"

He will show you a large room upstairs, furnished and ready.

Make preparations for us there."

So the disciples set out and went to the city, and found everything as he had told them; and they prepared the Passover meal.

## Prayers of Thanksgiving

What are you thankful for in your life?

Write some prayers of Thanksgiving to God.

On a Saturday Jews celebrate the

## Sabbath

this is the Lord's special day.

Christians celebrate the Lord's day on a Sunday, the day of Jesus' Resurrection, and so Catholics attend Mass on a Sunday.

## The Passover Meal

### Seder Plate



- 1.&2. Lettuce & Horseradish (Bitter Herbs)
3. Salty Vegetables
4. Chicken Wing (Shank Bone)
5. Spiced Fruit Mix (Charoset)
6. Hard Boiled Egg

### Unleavened Bread



Have a go at making some unleavened bread in school and act out the Passover meal.

# The Passover

Exodus 12: 1-7, 11-14, 17

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On the first day of Unleavened Bread, when the Passover was being celebrated, his disciples said to him, “Where do you want us to go and make the preparations for you to eat the Passover?” So he sent two of his disciples, Peter and John, saying to them, ‘Go and buy a lamb and a man carrying a jar of water, and wherever he encounters water will meet you and wherever he encounters water will meet you and wherever he encounters water will meet you.’ They say to the owner of the house, “The Teacher asks, ‘Where is my guest room where I may eat the Passover with my disciples?’” He will show you a furnished and ready room. Make preparations there.

So the disciples set out and found everything as Jesus had said, and they prepared the Passover.

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# The Passover with the Disciples

Mark 14:12-16

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'Where do you want us to go and make  
the preparations for you to eat the Passover?'  
So he sent two of his disciples,  
saying to them, 'Go into the city,  
and a man carrying a jar of  
water will meet you; follow him,  
and wherever he enters,  
say to the owner of the house,  
"The Teacher asks,  
Where is my guest room  
where I may eat the Passover  
with my disciples?"  
He will show you a large room upstairs,  
furnished and ready.  
Make preparations for us there.'

So the disciples set out and went to the city,  
and found everything as he had told them;  
and they prepared the Passover meal.

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# The Passover Meal

## Seder Plate



- 1&2. Lettuce & Horseradish (Bitter Herbs)
3. Salty Vegetables
4. Chicken Wing (Shank Bone)
5. Spiced Fruit Mix (Charoset)
6. Hard Boiled Egg

## Unleavened Bread



Have a go at making some unleavened bread in school and act out the Passover meal

The Eucharist is

# The Real Presence of Jesus Christ

If there are any Communion Hosts left over after communion the priest places them in the **Tabernacle**



The Eucharist is always kept in the tabernacle so that Jesus is always present in the Church.

When the priest passes the Tabernacle he bows on knees. We should do this too. Why do we do this?

## Exposition



The Monstrance

During Exposition the Eucharist is displayed for everyone to see. When we **genuflect** in front of the Eucharist we do so on **both knees**.

How else does Jesus show his presence in the world today?

### Activity

Ask the parish priest to prepare an Exposition service in the Church or in school. Sing the hymn 'Be still for the presence of the lord at this service.'



If there are any Communion Hosts left over after communion the priest places them in the **Tabernacle**



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The Monstrance

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How else does Jesus show his presence in the world today?

## Activity

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Hymn: Be Still for the Presence of the Lord (© David Evans)

Hymn: Be Still for the Presence of  
the Lord (© David Evans)

# Communion

When we receive Holy Communion at Mass we do so together as a community. We are united with God and one another in the community of the Church

The Blood of Christ (wine) is held in the **Chalice**



When the priest or Eucharistic minister offers us the wine they will say "The Blood of Christ" we reply "Amen"



The Body of Christ (bread) is held in the **Ciborium**



When the priest or Eucharistic minister offers us the bread they will say "The Body of Christ" we reply "Amen"

Did you know?  
We should **Fast**

for one hour before we go to Mass to receive Our Lord in Holy Communion.

# The Blood of Christ (wine) is held in the **Chalice**



When the priest or Eucharistic minister offers us the wine they will say "The Blood of Christ" we reply "Amen"

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When the priest or Eucharistic minister offers us the bread they will say "The Body of Christ" we reply "Amen"

# Celebrating at Mass

What kind of things do we celebrate?

Mass is a **Celebration!**

We celebrate all the things that Jesus did for us.

We celebrate receiving Jesus in the Eucharist.

We celebrate His Life and Resurrection.

Mass can be thought of as **Party!**

## Activity

What do Mass and parties have in common?

### Hint

Celebrating with others.  
Giving and receiving gifts.  
Music and singing.



We celebrate all the things that Jesus did for us.

We celebrate receiving Jesus in the Eucharist.

We celebrate His Life and Resurrection.

Mass can be thought of as **Party!**

## Activity

What do Mass and parties have in common?

### Hint

Celebrating with others.  
Giving and receiving gifts.  
Music and singing.







# Core Learning

I understand the significance of the following parts of the Mass:

Gathering: Penitential Rite, Gloria  
(These take place at the Presidential Chair.)

Liturgy of the Word: readings (including the Psalm); Gospel Acclamation; Gospel; Homily; Creed; Prayers of the Faithful (These take place at the Lectern.)

# The Gathering Rite

At the beginning of Mass we say the Penitential Rite, and say or sing the Gloria.

## Gloria

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father,  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God,  
Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father, have  
mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father.  
Amen.

This take place when  
the priest is at the  
Presidential Chair



The Presidential Chair

© Patrick McGuire

## Activity

Read the Gloria, Are there any words or phrases you are not sure about make a list of these to discuss in class.

# Gloria

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God,  
Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,  
receive our prayer;  
you are seated at the right hand of the Father, have  
mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High,  
Jesus Christ, with the Holy Spirit,  
in the glory of God the Father.  
Amen.

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# Activity

Read the Gloria, Are there any words or phrases you are not sure about make a list of these to discuss in class.



The Presidential Chair

# The Readings, Psalm and Gospel

## Activity

Plan a class liturgical service

The Readings and Gospel take place at the Lectern



© Patrick McGuire

### The 1st Reading

is normally taken from the Old Testament, written before Jesus was born. At Easter we read from the Acts of the Apostles.

### The Psalm

is adapted from the Book of Psalms believed to be written by King David it can be spoken or sung.

### The 2nd Reading

is taken from the New Testament and is usually a letter written by one of the apostles, like Saint Paul. During Easter we read from the book of the Apocalypse.

### The Gospel

describes the life of Jesus Christ on Earth and means 'The Good News'. At Mass we stand to acclaim the Gospel.

#### 1 Kings 19: 4-8 (The Journey of Elijah)

Right hand from a day's journey into the wilderness, and came and sat down under a solitary brookside. He asked the messenger to bring him some bread. Then he lay under the brook and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked and there on the brook were cakes and bread and a jar of water. He ate and drank and got strength. The angel of the Lord came a second time, touched him and said, 'Get up and eat, because the journey will be too much for you.' He got up, and the angel went ahead of him in the strength of that touch for the journey and forty nights to Horeb, the house of God.

OR

#### Acts 2:1-13 (The Coming of the Holy Spirit at Pentecost)

When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that appeared and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak to one another in the form of psalms and hymns, both sung and played on instruments, with their hearts full of love to the Lord. They sang and played to the Lord and to one another, making melody with their hearts to the Lord. They sang and played with joy and purity, and they made melody to the Lord with their hearts, always and to one another, as you are learning to do. They sang and played to the Lord and to one another, with hearts full of love to the Lord and to one another, making melody with their hearts to the Lord. They sang and played with joy and purity, and they made melody to the Lord with their hearts, always and to one another, as you are learning to do.

#### Responsorial Psalm 23 (The Lord is my Shepherd)

Response: The Lord is my shepherd; there is nothing I shall want.

The Lord is my shepherd; I lack nothing. He makes me lie down in green pastures. He leads me beside still waters. He refreshes my soul. He guides me along the right paths for his name's sake.

Response: The Lord is my shepherd; there is nothing I shall want.

Even though I walk through the darkest valley, I will not be afraid, for you are with me, your rod and your staff, they comfort me.

Response: The Lord is my shepherd; there is nothing I shall want.

You prepare a table before me in the presence of my enemies. You anoint my head with oil, my cup overflows.

Response: The Lord is my shepherd; there is nothing I shall want.

Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

Response: The Lord is my shepherd; there is nothing I shall want.

#### 1 Corinthians 11:23-26 (Institution of the Eucharist)

A reading from Saint Paul's First Letter to the Corinthians

The Lord Jesus took bread and gave thanks and broke it and gave it to the disciples and ate. He said: 'This is my body which is for you. Do this in remembrance of me.' After supper he took the cup, saying: 'This cup is the new covenant in my blood. Do this, whenever you drink it, in remembrance of me.' For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

#### Luke 22:7-23 (The Last Supper)

This comes the day of unleavened bread, as when the Passover is to be eaten. So Jesus sent Peter and John saying, 'Go and buy the unleavened bread for us, so that we may eat.' They went away. When they returned he asked them to get ready. He said to them, 'I have chosen this Passover with you, before I die. Eat and drink, because from now on I will not eat or drink with you until the kingdom of God comes. The Father has given me power over life and death, so that everyone who eats this bread and drinks this cup will have life in them forever. Who is the Father who sent me, he is true and does nothing without me, so that the world may believe that the Father has sent me.'

When the hour came, he took the bread and blessed and broke it and gave it to the disciples and said, 'Take and eat, because this is my body which is for you. Do this in remembrance of me.' After that he took the cup, gave thanks and gave it to the disciples and said, 'Drink from it, because this is my blood of the new covenant which is shed for you and for many for the forgiveness of sins. Do this in remembrance of me. I tell you, I will not drink of the fruit of the vine again, but only this cup with you, before I drink of the new wine in the kingdom of God. Who is the Father who sent me, he is true and does nothing without me, so that the world may believe that the Father has sent me.'

After the Gospel, the priests delivers his **Homily**. This is when the priests talks to the people about the readings, gospel or another important message.

The **1st Reading**

is normally taken from the Old Testament, written before Jesus was born. At Easter we read from the Acts of the Apostles.

1 Kings 19: 4-8

**OR**

Acts 2:1-13



## 1 Kings 19: 4-8 (The Journey of Elijah)

Elijah himself went a day's journey  
into the wilderness,  
and came and sat down under  
a solitary broom tree.  
He asked that he might die:  
'It is enough; now, O Lord,  
take away my life,  
for I am no better than my ancestors.'  
Then he lay down under the broom tree  
and fell asleep.  
Suddenly an angel touched him and said to him,  
'Get up and eat.'  
He looked, and there at his head  
was a cake baked on hot stones,  
and a jar of water.  
He ate and drank, and lay down again.  
The angel of the Lord came a second time,  
touched him, and said,  
'Get up and eat,  
otherwise the journey will be too much for you.'  
He got up, and ate and drank;  
then he went in the strength of that food  
for forty days and forty nights  
to Horeb, the mount of God.

OR

## Acts 2:1-13 (The Coming of the Holy Spirit at Pentecost )

When the day of Pentecost came, they were all together in one place. Suddenly a sound like the blowing of a violent wind came from heaven and filled the whole house where they were sitting. They saw what seemed to be tongues of fire that separated and came to rest on each of them. All of them were filled with the Holy Spirit and began to speak in other tongues as the Spirit enabled them. Now there were staying in Jerusalem devout Jews from every nation under heaven. When they heard this sound, a crowd came together in bewilderment, because each one heard their own language being spoken. Utterly amazed, they asked: "Aren't all these who are speaking Galileans? Then how is it that each of us hears them in our native language? Parthians, Medes and Elamites; residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya near Cyrene; visitors from Rome (both Jews and converts to Judaism); Cretans and Arabs—we hear them declaring the wonders of God in our own tongues!" Amazed and perplexed, they asked one another, "What does this mean?" Some, however, made fun of them and said, "They have had too much wine."

The **Psalm**  
is adapted from the Book  
of Psalms believed to  
written by King David it  
can be spoken or sung.

**Responsorial Psalm 23**

# Responsorial Psalm 23

## (The Lord is my Shepherd)

Response: The Lord is my shepherd; there is nothing  
I shall want

The Lord is my shepherd, I lack nothing.  
He makes me lie down in green pastures,  
he leads me beside quiet waters,  
he refreshes my soul.  
He guides me along the right paths  
for his name's sake.

Response: The Lord is my shepherd; there is nothing  
I shall want

Even though I walk  
through the darkest valley,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.

Response: The Lord is my shepherd; there is nothing  
I shall want

You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.

Response: The Lord is my shepherd; there is nothing  
I shall want

Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the Lord  
forever.

Response: The Lord is my shepherd; there is nothing  
I shall want

# The **2nd Reading**

is taken from the New Testament and is usually a letter written by one of the apostles, like Saint Paul. During Easter we read from the book of the Apocalypse.

**1 Corinthians 11:23-26**

# 1 Corinthians 11:23-26

## (Institution of the Eucharist)

A reading from Saint Paul's first letter to the Corinthians:

For I received from the Lord what  
I also passed on to you:  
The Lord Jesus,  
on the night he was betrayed,  
took bread,  
and when he had given thanks,  
he broke it and said,  
"This is my body,  
which is for you;  
do this in remembrance of me."  
In the same way,  
after supper he took the cup, saying,  
"This cup is the new covenant in my blood;  
do this,  
whenever you drink it,  
in remembrance of me."  
For whenever you eat this bread  
and drink this cup,  
you proclaim the Lord's death until he comes.

# The Gospel

describes the life of Jesus Christ on Earth and means "The Good News". At Mass we stand to acclaim the Gospel.

**Luke 22:7-23**

## Luke 22:7-23 (The Last Supper)

Then came the day of Unleavened Bread, on which the Passover lamb had to be sacrificed. So Jesus sent Peter and John, saying, 'Go and prepare the Passover meal for us that we may eat it.' They asked him, 'Where do you want us to make preparations for it?' 'Listen,' he said to them, 'when you have entered the city, a man carrying a jar of water will meet you; follow him into the house he enters and say to the owner of the house, "The teacher asks you, 'Where is the guest room, where I may eat the Passover with my disciples?" ' He will show you a large room upstairs, already furnished. Make preparations for us there.' So they went and found everything as he had told them; and they prepared the Passover meal.

When the hour came, he took his place at the table, and the apostles with him. He said to them, 'I have eagerly desired to eat this Passover with you before I suffer; for I tell you, I will not eat it until it is fulfilled in the kingdom of God.' Then he took a cup, and after giving thanks he said, 'Take this and divide it among yourselves; for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes.' Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.' And he did the same with the cup after supper, saying, 'This cup that is poured out for you is the new covenant in my blood. But see, the one who betrays me is with me, and his hand is on the table. For the Son of Man is going as it has been determined, but woe to that one by whom he is betrayed!' Then they began to ask one another which one of them it could be who would do this.

After the Gospel, the priest delivers his **Homily**. This is when the priest talks to the people about the readings, gospel or another important message.

# The Creed and The Prayers of the Faithful

After the homily we say together the Creed - This is where we proclaim all the things we believe about our faith. We can pray the Nicene Creed or the Apostles' Creed

## The Nicene Creed

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages,  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial  
with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
At the words that follow, up to and including and  
became man, all bow.  
and by the Holy Spirit was incarnate  
of the Virgin Mary,  
and became man.  
For our sake he was crucified  
under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic  
and apostolic Church.  
I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection  
of the dead  
and the life of the world to come. Amen.

## Apostles Creed

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried;  
he descended into hell\*;  
on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of  
God the Father almighty;  
from there he will come to judge  
the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen

\* In this line, the word hell means 'place where dead people go'. It comes from the Greek word 'hades'. Your teacher can explain this to you in more detail.

After we say the Creed together we ask God for his help in the Prayers of the Faithful. These are sometimes called Bidding Prayers

## Prayers of the Faithful.

There are usually 6 prayers:

1. We pray for...
2. We pray for...
3. We pray for...
4. We pray for...
5. We pray for...
6. We pray for...

After each pray the reader says: "lord hear us" \*

We respond: "Lord graciously hear us" \*

\*or similar

## Activity

Create a piece of artwork to represent each line of the Creed.

Rather than doing the whole creed, select one part only. Make a whole class wall display of your images for the Creed

## Activity

Write your own Prayers of the Faithful. Perhaps each group in the class could work on a particular prayer... these prayers could be offered to God at the First Holy Communion Mass.



After the homily we say together the Creed - This is where we proclaim all the things we believe about our faith. We can pray the Nicene Creed or the Apostles' Creed

**The Nicene Creed**

## The Nicene Creed

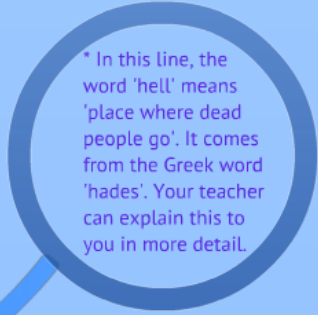
I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial  
with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
At the words that follow, up to and including and  
became man, all bow.  
and by the Holy Spirit was incarnate  
of the Virgin Mary,  
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For our sake he was crucified  
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he suffered death and was buried,  
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I believe in one, holy, catholic  
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I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection  
of the dead  
and the life of the world to come. Amen.

who was conceived  
born of the Virgin  
suffered under  
was crucified, d  
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on the third day  
he ascended into  
and is seated at  
God the Father  
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the holy catholi  
the communion  
the forgiveness  
the resurrection  
and life everlas  
Amen

# Activi

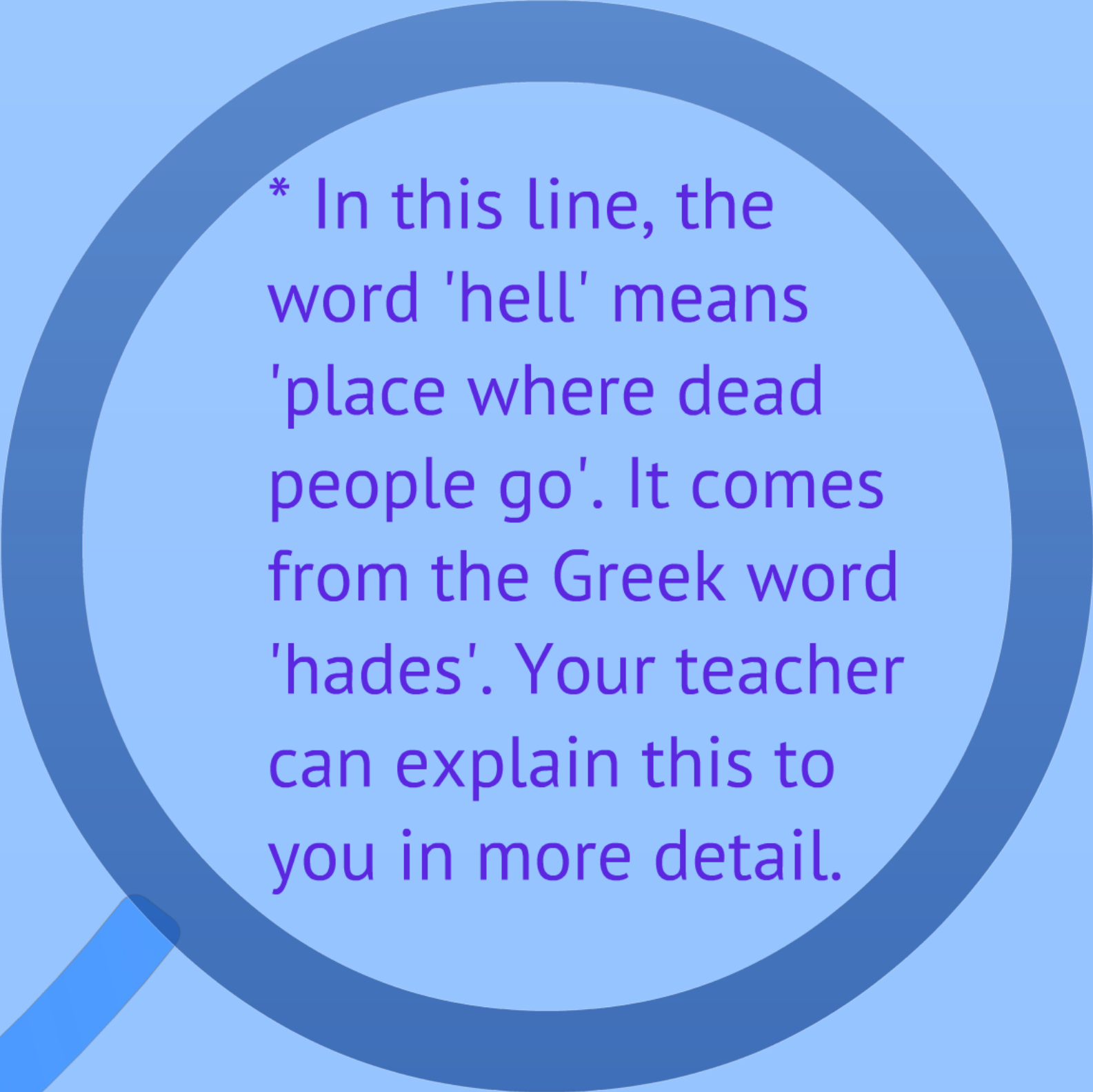
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Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
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suffered under Pontius Pilate,  
was crucified, died and was buried;  
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on the third day he rose again from the dead;  
he ascended into heaven,  
and is seated at the right hand of  
God the Father almighty;  
from there he will come to judge  
the living and the dead.  
I believe in the Holy Spirit,  
the holy catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen



\* In this line, the word 'hell' means 'place where dead people go'. It comes from the Greek word 'hades'. Your teacher can explain this to you in more detail.

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6.



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# Activity

Create a piece of artwork to represent each line of the Creed.

Rather than doing the whole creed, select one part only. Make a whole class wall display of your images for the Creed

After we say the Creed together we ask God for his help in the Prayers of the Faithful. These are sometimes called Bidding Prayers

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After each pray the reader says: "lord hear us" \*

We respond: "Lord graciously hear us" \*

\*or similar

We respond: "Lord graciously hear us" "

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# Activity

Write your own Prayers of the Faithful. Perhaps each group in the class could work on a particular prayer... these prayers could be offered to God at the First Holy Communion Mass.



# 7. Liturgy of the Eucharist

## The Offertory

During the offertory we process to the Sanctuary with gifts of bread, water, wine and alms.



A hymn is often sung at this point at Mass, which reflects what is happening. Can you think of some appropriate hymns for this part of Mass, and perhaps sing them?

## Eucharistic Prayer

The Words of the Eucharistic Prayer are similar to those in St Paul's Letter to the **Corinthians**



For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, 'This is my body, which is for you. Do this in remembrance of me.' After supper he took the cup, saying, 'This cup is the new covenant in my blood. Do this, whenever you drink it, in remembrance of me.' And after the meal he said, 'This cup is the new covenant in my blood.' (1 Cor 11:23-25)

**At the Consecration**  
We hear a ringing bell, which tells us when the bread and wine has become the body and blood of Christ.

### Lamb of God



Lamb of God, who take away the sins of the world, have mercy on us.  
Lamb of God, who take away the sins of the world, have mercy on us.  
Lamb of God, who take away the sins of the world, grant us peace.

**Process:** Why do we call Jesus the Lamb of God?

## Communion

### The Lord's Prayer

Before we receive communion we say together the prayer that Jesus taught us...

**Our Father,**  
which is in heaven,  
hallowed be thy name;  
thy kingdom come,  
thy will be done  
on earth as it is in heaven;  
give us this day our daily bread,  
and lead us not into temptation,  
but deliver us from the evil one.  
For thine is the kingdom and the power and the glory forever, O God the Father. Amen.

### Receiving the Eucharist

When we receive the Eucharist the priest offers it to us saying 'The Body of Christ', we reply 'Amen'. We then step to the side, look at the consecrated and make the Sign of the Cross. When we return to our seats, we kneel for a short time in silent prayer.

**Activity**  
Write a prayer that you will use during your silent time after communion.

but before proceeding to receive the Eucharist, the priest says: 'Blessed are those who are called by the Supper of the Lamb.'

And we pray 'Lamb' are not worthy that you should eat our unworthy food, but only say the Word and my soul will be healed.'

This prayer originates from the story of the **Centurion's Servant**. Read this story in **Matthew 8:5-13**.

**Process:** What do you think this prayer means?

### Activity

Prayer during the Eucharist offering. The words Jesus used being served are 'consecrated' 'blessed' and 'take and drink in remembrance of me'. **Remember that it will now be the Eucharist yet!**

## The Greatest Commandment

### The Scripture

When the priest has said that he has offered the bread, the priest says: 'This is the body of Christ, which is for you. Do this in remembrance of me.'

**Process:** How do you think the priest says this?

What is the greatest commandment?

**Hymn:** A New Commandment (St Elizabeth L. Bennett)

We are asked at the end of Mass to forth and live the Gospel of Jesus, to spread his Good News!

Jesus taught us two simple commandments to be able to do this: Love God and Love one another!

**Activity**  
In your groups, make a list of ways in which we can follow Jesus' commandments. Report back to the class.

## Core Learning

I understand the significance of the following parts of the Mass:

Liturgy of the Eucharist: Offertory, Sanctus (Holy, Holy, Holy), Eucharistic prayer, Memorial Acclamation, Great Amen; Our Father; Sign of Peace; Agnus Dei; Lamb of God; Communion.

Questions:

## For the teacher

# Core Learning

I understand the significance of the following parts of the Mass:

Liturgy of the Eucharist: Offertory; Sanctus (Holy, Holy); Eucharistic prayer; Memorial Acclamation; Great Amen; Our Father; Sign of Peace; Agnus Dei (Lamb of God); communion.  
(These take place at the Altar.)

Dismissal

# The Offertory

During the offertory We process to the Sanctuary with gifts of bread, water, wine and alms.



The Sanctuary

A hymn is often sung at this point at Mass, which reflects what is happening. Can you think of some appropriate hymns for this part of Mass, and perhaps sing them?

# Eucharistic Prayer

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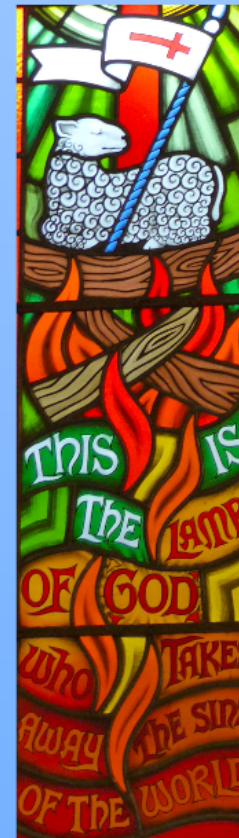


For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.



At the **Consecration** We hear a ringing bell, which tells us when the bread and wine has become the body and blood of Christ.

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Lamb of God, you take away the sins of the world, have mercy on us.

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**Discuss:**  
Why do we call Jesus the Lamb of God?

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For I received from the Lord  
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# er to the Corinthians



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For whenever you eat this bread  
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# Communion

## The Lord's Prayer

Before we receive communion we say together the prayer that Jesus taught us...

### Our Father,

Who art in heaven,  
Hallowed be Thy Name;  
Thy kingdom come,  
Thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
Amen.

### Activity

Create a 'Visual Our Father'. The instructions for this are in the Teachers area. Ask your teacher to explain this activity to you.

Just before processing to receive the Eucharist, the priest says: "blessed are those who are called to the Supper of the Lamb."

And we pray: "Lord I am not worthy that you should enter under my roof, but only say the Word and my soul shall be healed."

This prayer originates from the story of the **Centurion's Servant**. Read this story in **Matthew 8:5-13**

**Discuss:** What do you think this prayer means?

## Receiving the Eucharist

When we receive the Eucharist the priest offers it to us saying "The Body of Christ", we reply "Amen". We then step to the side look at the sanctuary and make the Sign of the Cross. When we return to our seats, we kneel for a short time in silent prayer.

### Activity

Write a prayer that you will say during your silent time after communion.

### Activity

Practise receiving the Eucharist correctly. The parish priest could bring some unconsecrated\* bread and wine along to class or you could use normal bread.

**Remember that it will not be the Eucharist yet!**



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### Activity

Practise receiving the Eucharist correctly. The parish priest could bring some unconsecrated\* bread and wine along to class or you could use normal bread.

**Remember that it will not be the Eucharist yet!**



# Unconsecrated

means that the bread and wine is just normal bread and wine. It hasn't become the body and blood of Jesus yet. This happens during the Eucharistic Prayer at Mass.

# The Greatest Commandment

## The Scripture

Matthew 22:34-40

When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked him a question to test him. "Teacher, which commandment in the law is the greatest?"

He said to him, "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind."

This is the greatest and first commandment. And a second is like it: "You shall love your neighbour as yourself."

On these two commandments hang all the law and the prophets.'

Hymn: A New Commandment  
(© Elizabeth L. Benson)

We are asked at the end of Mass to forth and live the Gospel of Jesus, to spread his Good News!

Jesus taught us two simple commandments to be able to do this: Love God and Love one another!

### Activity

In your groups, make a list of ways in which we can follow Jesus' commandments. Report back to the class.

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ent  
**Activity**

In your groups, make a list of ways in which we can follow Jesus' commandments. Report back to the class.



Can you think of any other appropriate hymns for this part of Mass, and perhaps sing them?

**At the Consecration**  
We hear a ringing bell, which tells us when the bread and wine has become the body and blood of Christ.

**Focus:**  
Why do we call Jesus the Lamb of God?

Why do we hear the bell ring at the consecration? What do you think it is for a sign to us in our prayer?  
**Activity:**  
Write a prayer that you will say during your silent time after consecration.

**Activity:** The priest gives a sign of blessing (and we respond) 'Hail and we adore in thee O God our God our Lord'.  
**Remember that it will not be the Eucharist yet!**

**Hymn: A New Commandment**  
(St Elizabeth L. Benson)

**Activity:**  
In your groups, make a list of ways in which we can follow Jesus' commandments. Report back to the class.

# 8. United in Jesus

## Congratulations

## Jesus is the Centre

In Theme 1 you were asked to create a collage with yourself in the centre.

By receiving Jesus in the Eucharist He has placed Himself at the centre of your life.

Create a new collage with Jesus in the Centre in the community of the Church surrounding Him.

Hymn: Jesus be the Centre

## What happens now?

### Core Learning

I know that the sacraments of initiation are Baptism, Confirmation and the Eucharist and that, through them, I am welcomed into the community of faith, the Church.

I know that when I receive the Eucharist in Holy Communion this will be the source and fulfilment of my Christian initiation which began with Baptism and is strengthened and deepened by Confirmation whenever it is received.

### For the teacher

# Core Learning

I know that the sacraments of initiation are Baptism, Confirmation and the Eucharist and that, through these; I am welcomed into the community of faith, the Church.

I know that when I receive the Eucharist in First Holy Communion, this will be the centre and high point of my Christian initiation which began with Baptism and is strengthened and deepened in Confirmation (whenever it is received).

Congratulations

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