

Eucharist Home Guide



**Discover God's
Treasures**



saint mary's press

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Welcome

Welcome to *Go Seek Find: Discover God's Treasures!*

We at Saint Mary's Press are excited to partner with you in the important ministry of preparing your child for the celebration of the Sacrament of the Eucharist.

Through this new and unique program, your child will be led on an adventure of discovery as they explore the rich and beautiful significance of this sacrament in their life. *Go Seek Find* will engage and inspire your child, creating a spirit of excitement and joy around their journey toward encountering Jesus through the treasure that is the Sacrament of the Eucharist.

This program was developed with the real needs of your child at its center. The core text of this program is the Saint Mary's Press® *Catholic Children's Bible*. By using a Bible designed specifically for children and engaging with the Featured Stories within it, your child will explore the Sacrament of the Eucharist through the biblical lens of Jesus' life and works and learn more about their faith in language they can understand. Your child will also experience interactive core activities that bring the chapter lessons to life in a fun and memorable way. And your child will learn important information about the Sacrament of the Eucharist and reinforce this new knowledge through a variety of activities and family learning opportunities offered in the activity booklets that accompany each lesson.

Together, you and your child will *Go Seek Find* the incredible treasure that is the Sacrament of the Eucharist. May an ever-expanding awareness of Christ's presence in our lives be the source of faith, hope, and love for all of us!

With hopes and prayers for every blessing,

The Publishing Team at Saint Mary's Press

**"Ask, and you will receive; seek, and you will find;
knock, and the door will be opened to you."**

(Matthew 7:7)

Program Overview

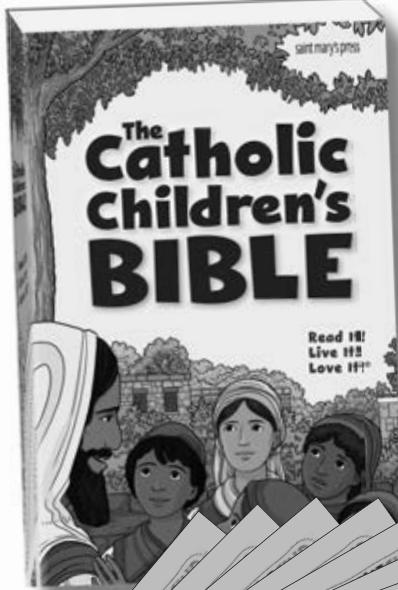
Program Outline

Chapter Number	Chapter Title	Lesson Goals	Featured Story	Key Words
1	We Are Part of the Church	<ul style="list-style-type: none"> to recognize that we are all an important part of the Church to identify the three Sacraments of Christian Initiation to name the Eucharist as the most important sacrament in the Church 	Every Baptized Person Is a Part of the Church (1 Corinthians 12:12–27)	sacraments, Sacraments of Christian Initiation, Baptism, Confirmation, Eucharist, Mass
2	Jesus Cares for Us	<ul style="list-style-type: none"> to explain that Jesus cares for us and for all people to identify the Eucharist as a way Jesus shows his care for us to name the four parts of the Mass 	Jesus Feeds a Huge Crowd (John 6:1–15)	Introductory Rites, Liturgy of the Word, Liturgy of the Eucharist, Concluding Rites
3	We Ask for Forgiveness	<ul style="list-style-type: none"> to identify three actions that lead to true happiness to explain why we want to be in a state of friendship with God when we receive the Eucharist to articulate that we ask for God's forgiveness at Mass to prepare for the Eucharist 	Jesus Teaches Us How to Be Happy (Matthew 5:1–12)	Penitential Act
4	We Give Thanks to God	<ul style="list-style-type: none"> to recognize the importance of being thankful to identify Sunday as a special day to honor God to understand that we pray, give thanks, and praise God at Mass 	Thank God for All He Has Done for You (Colossians 3:12–17)	hymn, genuflect
5	We Learn from the Bible	<ul style="list-style-type: none"> to identify God's Word as the readings and teachings in the Bible to describe the importance of preparing our hearts for God's Word to recall that we hear God's Word at Mass in the Liturgy of the Word 	Jesus Wants Us to Hear and Accept His Word (Mark 4:1–20)	parable

Chapter Number	Chapter Title	Lesson Goals	Featured Story	Key Words
6	We Are United in Faith	<ul style="list-style-type: none"> • to express that Jesus wants his followers to be united in faith • to identify that proclaiming the Nicene Creed together is a sign of our unity • to recognize the core beliefs expressed in the Nicene Creed 	Jesus Prays That His Followers Will Be United (John 17:9–23)	creed
7	We Celebrate the Gift of the Eucharist	<ul style="list-style-type: none"> • to recognize that Jesus gave the gift of the Eucharist at the Last Supper • to identify that the bread and wine become the Body and Blood of Jesus at Mass • to recall that the Eucharist strengthens us to follow Jesus more closely 	The Last Supper (Mark 14:12–26)	Eucharistic Prayer, consecration
8	We Pray as Jesus Taught Us	<ul style="list-style-type: none"> • to express that the Our Father was taught to the disciples and us by Jesus • to identify the meaning of the different parts of the prayer • to recognize that we pray the Our Father at every Mass to prepare us to receive the Eucharist 	Jesus Teaches Us How to Pray (Matthew 6:5–13)	Kingdom of God
9	Jesus Is Present with Us Now	<ul style="list-style-type: none"> • to explain that the Risen Jesus is with us today in a special way • to recognize what occurs during the Communion Rite • to identify the proper way to receive Holy Communion 	Two Disciples Meet the Risen Jesus (Luke 24:13–35)	Holy Communion
10	We Are Sent Forth to Share Love	<ul style="list-style-type: none"> • to describe how Jesus showed us that we should serve others • to recognize some big and small ways we can serve others • to identify the Concluding Rites as the part of the Mass where we are sent forth to share God's love with others 	Jesus Washes the Disciples' Feet (John 13:1–17)	Dismissal

Program Components

The Catholic Children's Bible

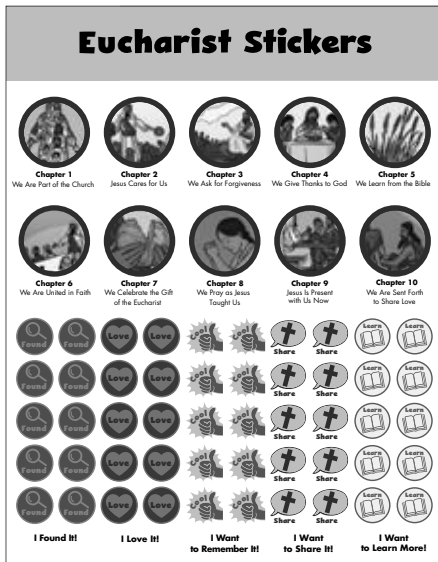


Home Guide

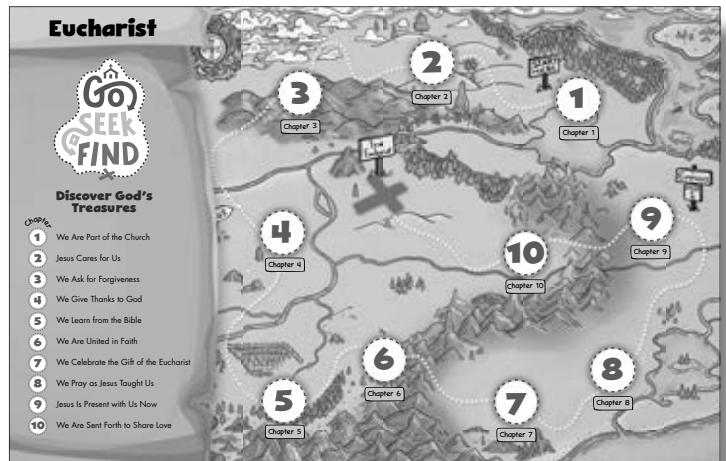


Activity Booklets

Stickers



Treasure Map



Understanding the Components

Home Guide

Background Focus provides quick, easy-to-read insights about the theme of the chapter.

Lesson Goals shows the key desired outcomes of the chapter.

A list of **Materials Needed** helps you adequately prepare for the lesson.


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Chapter 1

Chapter 1

Featured Story

Every Baptized Person Is a Part of the Church
(1 Corinthians 12:12-27)



Lesson Goals

- to recognize that we are all an important part of the Church
- to identify the three Sacraments of Christian Initiation
- to name the Eucharist as the most important sacrament in the Church

Lesson at a Glance

Go (10 minutes)
Opening Prayer
Engage Activity

Seek (30 minutes)
Featured Story
Core Learning Activity

Find (20 minutes)
God's Treasure of the Eucharist
Lesson Wrap-Up
Closing Prayer

Materials Needed

- *The Catholic Children's Bible* and chapter 1 activity booklet
- long strips of paper with the phrase, "I can be a good member of the Church by . . ." on each

Music Suggestions

- "We Are the Body of Christ," by Rob Baker (Tate Music Group)
- "We Are One Body," by Monica's Joy Choir, Ed Archer conducting (GIA)

Background Focus

It is human to want to belong. We constantly look for reassurance among our family, friends, and interest groups (clubs, sports teams, and associations) that we are accepted, that we share a common goal with others, and that we are important contributors to something bigger than ourselves. This need to feel welcomed and part of something meaningful is felt at all ages.

Through our Baptism, we become an important part of a truly amazing community—the Church. We may find ourselves sometimes wondering what we have to contribute to the Church or if our presence really matters. But the Church relies on the fact that each and every individual member is an absolutely essential part of the ongoing mission and ministry of Jesus. We are all called to embrace an active and engaged role in spreading the Good News through word and deed. Simply put, the Church needs our unique gifts.

This chapter provides an opportunity to reflect on what it means to be a baptized member of such an important mission. As you lead your child in this reflection, allow yourself to consider what being part of the Catholic Church means to you and how you respond to the Church's call that says: "You are an important member of this community. You belong here."

Go (10 minutes)

Opening Prayer

- Invite your child to turn to page 1 of the chapter 1 activity booklet.
- Begin prayer by making the Sign of the Cross, then saying, "Let us remember we are in the holy presence of God." Allow about 10 seconds of silence.
- Read the prayer on page 1 of the activity booklet. Invite your child to say "Amen," and then close with another Sign of the Cross. Have your child put the activity booklet away for now.

The **Go** part of the lesson begins with an opening prayer that is found in the activity booklets.

Two **Music Suggestions** are offered for possible incorporation into the lesson. Links to these songs can be found at www.smp.org/resourcecenter/books.

After the opening prayer, an **Engage Activity** will spark interest and create excitement for the lesson ahead.

The **Find** part of the lesson relays key information about the sacrament.

Engage Activity

- Invite your child to brainstorm a list of groups that they belong to, and record their answers on a piece of paper. Give some examples if needed. (Answers might include sports teams, family, friends, school, class, church, etc.)
- Ask your child to think about what it means to be part of a group:
 - What are some of the rules of being part of this group?
 - What does it mean to be a good group member?
- Take some time to go through the brainstormed list and ask the different questions of each type of group. If church is on the list, leave that until later.
- Tell your child that today they are going to learn about what it means to be a part of a very important group that follows Jesus. Ask if your child knows what this group is called (*the Catholic Church*). If this has been listed, put a circle around the phrase.

Seek (30 minutes)

Featured Story

- Invite your child to find 1 Corinthians 12:12–27 in *The Catholic Children's Bible* (page 1807).
- Direct them to turn the page and place an "I found it!" sticker next to the Featured Story (page 1808).
- Tell them that the text between the leaves on page 1808 is a shortened version of the Scripture story on the previous page.
- Ask your child to look at the artwork on pages 1808–1809. Invite them to describe what they see in the artwork, and ask them to predict what the story might be about.
- Invite your child to read the title on page 1808, and ask them to share what it means to be baptized. If they have ever been to a Baptism, ask them to share what they remember about what happened. Then ask them if they remember their own Baptism.

The **Seek** part of the lesson invites direct interaction with the Bible and the learning of key sacrament-related themes through important Bible stories.

- Read the Featured Story. Then ask several questions to check for comprehension, such as:
 - Is the body made up of one part or many parts? (*many*)
 - What are some of the different parts of the body mentioned in the Scripture verses? (*feet, hands, ears, eyes*)
 - What does the story say about us? (*We are parts of Christ's body.*)

Live It!

- Read Live It! on page 1809 or read it aloud together.
- Ask your child if they understood the puzzle.
- Point out the significance and importance of each person in the Church and what a gift the Church is in that we can join with other people who are trying to use their gifts to follow Jesus. Encourage your child to pray to God to be the best member of the Church possible and to use their gifts to help the Church.

Tell It!

- Ask your child to look at the images in the Tell It! cartoon on page 1809.
- Invite your child to use the images to retell the Bible reading the best that they can.
- Have your child use some of the smaller stickers to mark parts of the Featured Story (pages 1808–1809) that capture their interest. Remind them to save enough stickers to use on the remaining chapters.

Core Learning Activity

Being a Part of the Church

- Encourage your child to think of different ways that they can be a good member of the Church, and invite them to write these ways on the different slips of paper.
- Make links from the strips by joining the ends of one strip of paper together and gluing or stapling them and then connecting the rest of the strips together to create a chain. When you are finished, you will have connected links of all of the different ways your child thought of how to be a good member of the Church.
- Hang the chain somewhere in your home where your child will see them and be reminded that, as a Church, we work together to spread Jesus' message of love.

Find (20 minutes)

God's Treasure of the Eucharist

- Explain to your child that Jesus gave the Church seven **sacraments** to bring us closer to him and to help us answer his call to be his followers. Invite your child to name as many sacraments as they can, and list all of the sacraments on a piece of paper. If your child has witnessed any of the sacraments, encourage them to share briefly.
- Tell your child that there are really three sacraments that begin our life in the Church, and that these three sacraments, together, are called the **Sacraments of Christian Initiation**. Circle, or write, *Baptism*, *Confirmation*, and *Eucharist* on a piece of paper, and write "Sacraments of Christian Initiation" near them. Explain that *initiation* is another word for *beginning*.
- Explain some basic information about the Sacraments of Christian Initiation, using the following as possible points to cover:
 - The Sacrament of **Baptism** gives us new life and unites us with Jesus.
 - This is a sacrament you have already received and probably don't remember.
 - In the Sacrament of **Confirmation**, a bishop or priest anoints us with holy oil, which is a sign that we are strengthened as Christians.
 - Confirmation makes our relationship with Jesus and the Church even stronger.
 - The Sacrament of the **Eucharist** is the Sacrament of Christian Initiation that you are preparing for now, as you have already been baptized. This sacrament prepares us for a lifetime of receiving the Body and Blood of Christ at the **Mass**, which helps us be the best members of the Church and followers of Jesus we can be.
 - The Sacrament of the Eucharist is the Church's most important sacrament and is why it is important to spend some time preparing and learning about this sacrament.
- Ask some of the following questions to check for comprehension:
 - How many sacraments are there? (*seven*)
 - What is the first sacrament we celebrate? (*Baptism*)

Each lesson is anchored by a **Core Learning Activity**. This activity presents an aspect of the chapter theme in a fun, engaging, and memorable way.

- > Which three sacraments are also called the Sacraments of Christian Initiation and help us become a full part of the Church? (*Baptism, Confirmation, Eucharist*)
- > Which Sacrament of Christian Initiation do we celebrate again and again, all throughout our lives? (*Eucharist*)
- Invite your child to turn to the activity on page 3 of the activity booklet and complete it. Give your child a few minutes to look at each symbol and then choose the one that suggests the sacrament they are preparing for now. Make sure your child puts a check mark next to the symbol for First Eucharist.

Lesson Wrap-Up

- Invite your child to think back over all of the different things they did in this lesson, and have them share some of the key things they learned.
- Ensure that the following points are made, write them on a piece of paper, and circle them:
 - We are all an important part of the Church.
 - The three Sacraments of Christian Initiation are Baptism, Confirmation, and the Eucharist.
 - The Eucharist is the most important sacrament in the Church.
- Have your child place the chapter 1 sticker in the correct circle on the treasure map.



The **Lesson Wrap-Up** encourages recall and invites your child to mark their progress on the interactive treasure map.

Closing Prayer

- Begin prayer by making the Sign of the Cross and saying, "Let us remember we are in the holy presence of God," followed by a few seconds of silence.
- Read the prayer from page 1 of the activity booklet.
- Make the Sign of the Cross on your child's forehead as you say: "____, you are an important part of the Church. Spread the love of Jesus in everything that you do." Encourage your child to respond, "Amen."
- Play a piece of music, if time allows, that speaks about being part of the Church, the Body of Christ.
- End by saying: "May God bless us as we continue to learn and grow as followers of Jesus. Amen." Close with a final Sign of the Cross.

Additional Family Suggestions


For additional ideas, activities, and prayers that can be used by your family for this chapter, please refer to the Family Page on page 4 of this chapter's activity booklet.

Activity Booklets

Eucharist
Chapter 1

Go SEEK FIND
Discover God's Treasures

We Are Part of the Church

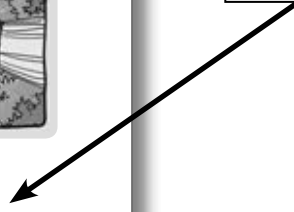


Prayer

Thank you, God, for this time we have together to prepare for the Sacrament of the Eucharist. We ask you to be with us and help us as we learn about the Church and what it means to be a follower of Jesus. We ask all of this in your name. Amen.

1

Each activity booklet begins with a **Prayer** that is used as the opening prayer for that chapter's lesson.



Use the Bible passage on page 1808 of *The Catholic Children's Bible* (1 Corinthians 12:14-18,27) and the words below to complete the following Scripture verses.


God part one body
Christ's wanted different


"For the _____ itself is not made up of only one _____, but of many parts."


"As it is, however, _____ put every _____ part in the body just as he _____ it to be."

"All of you are _____ body, and each _____ is a part of it."

What sacrament are you preparing for now?
Put a check mark next to that sacrament.

 The Sacrament of Baptism

 The Sacrament of Confirmation

 The Sacrament of the Eucharist

2 3

Page 2 (on left) features an activity that relates to content discovered in the Bible.

Page 3 (on right) features an activity that relates to the sacrament content in the chapter.



The **Family Page** provides helpful information about the chapter and additional key ideas to bring the lesson to life at home.

Family Page

Background Focus

It is human to want to belong. We look for reassurance among our family, friends, and interest groups (clubs, sports teams, and associations) that we are accepted, that we share a common goal with others, and that we are important contributors to something bigger than ourselves. This need to feel welcomed and part of something meaningful is felt at all ages.

We may find ourselves wondering sometimes what we really have to contribute to the Church or if our presence really matters. But the Church relies on the fact that each and every individual member is an essential part of the ongoing mission and ministry of Jesus. We are all called to embrace an active and engaged role in spreading the Good News through both word and deed. Simply put, the Church needs our unique gifts.

This chapter provides an opportunity for your child to reflect on what it means to be a baptized member of such an important mission. Allow yourself time to consider what being part of the Catholic Church means to you and how you respond to the Church's call that says: "You are an important member of this community. You belong here."

[The scriptural quotations in this activity booklet are from the Good News Translation® [Today's English Version, Second Edition], Copyright © 1992 by the American Bible Society. All rights reserved. Bible text from the Good News Translation [GNT] is not to be reproduced in copies or otherwise by any means except as permitted in writing by the American Bible Society, 1865 Broadway, New York, NY 10023 [www.americanbible.org].]

Family Strategies

Try to carve out key technology-free times that you can spend with your child. Taking time to be fully present to your child helps build his or her self-confidence and sense of security, and it strengthens your family as well as your child's notion of what it means to be a full and active participant in a larger community.

Family Activities

- Find any objects, photos, or videos you have from your child's Baptism. Use these things to tell your child about that day, what you were feeling, and why it was important to you for her or him to be baptized.
- Create some questions that you and your child can ask other people (other family members or people you know from Church) about what it means to them to be a baptized Catholic. Videotape their responses or record them in a notebook.
- Read together the Featured Story on page 1808 in *The Catholic Children's Bible* (1 Corinthians 12:14–18,27). Invite your child to tell you what he or she remembers about the meaning of this Scripture.

Pray It!

Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

Jesus, we know that we are called to bring our gifts together for the good of the Church. Help us to grow so that we may spread your message of peace and love. Amen.

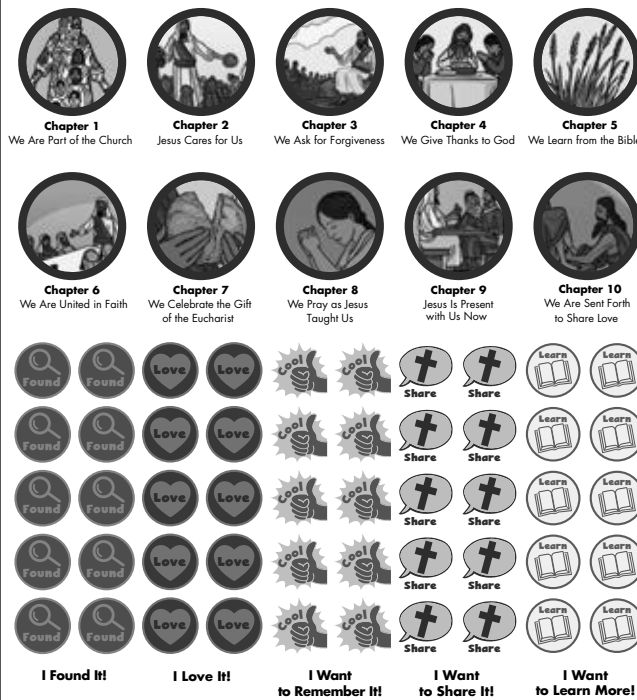


Treasure Map and Stickers

A **Treasure Map** helps track progress through the chapters in a fun and engaging way that also reinforces what was learned.



Eucharist Stickers



Stickers are provided that contain key images from the different chapters. These stickers will be used to track progress on the treasure map.

Stickers are also provided to encourage engagement with the Bible and to mark verses and other meaningful content.

Key Elements of the Program

Home Guide

The home guide divides each chapter into three main parts: “Go,” “Seek,” and “Find.” The “Go” section begins with an opening prayer and continues with a short activity to engage your child in the topic of the day. The “Seek” section involves exploring Scripture related to the sacrament of focus and a core learning activity centered on the chapter theme. The “Find” section provides a deeper look into the meaning of the sacrament and concludes the lesson with a summary and a closing prayer.

Activity Booklets

A fun and colorful activity booklet is provided for each chapter. These booklets include the opening prayer used for each lesson, two activity pages that support the learning of the chapter, and a family page that offers background on the chapter topic, strategies to integrate the values of Christian life into family life, and suggested activities related to the lesson to be done at home.

Additional Booklet

The Sacrament of the Eucharist resources include an additional booklet that contains all of the key words used in the program, the Order of the Mass, and the prayers used during the Mass.

Treasure Map

The Sacrament of the Eucharist has its own treasure map. This unique and colorful resource is designed to build excitement as your child journeys through the various chapters on the way to their first celebration of the sacrament. Using stickers with key images from the Bible stories to be read in each chapter, your child will track their progress on a fun, engaging treasure map as they recall the key themes and lessons offered throughout the program.

Stickers

A sticker sheet is included in the resources for the Sacrament of the Eucharist. In addition to the stickers that allow the tracking of progress on the treasure map, there are stickers that allow your child to mark Featured Stories or key verses in the Bible that have special significance to them. This immerses your child in the Bible and helps them retain key lessons and messages throughout.

Music Suggestions

Music can add another wonderful dimension to this program. Each chapter includes two song suggestions that correspond to the chapter theme. These songs can be purchased and downloaded online. For a complete list of all of the songs for the program, along with direct links for purchasing, please visit the online resources for this program at www.smp.org/resourcecenter/books. Of course, you may also wish to add your own favorite hymns or songs such as those that are popular in your parish community.

How to Use All These Elements at Home

The Home Guide contains everything you need to bring all the elements of *Go Seek Find* together for successful use at home. Although you may have to make some adjustments for this program to fit your time frame or the individual gifts and interests of your child, you will find a complete easy-to-use structure from which to start. The current lesson is designed to take 60 minutes from start to finish; however, this can vary depending on the unique pace at which you and your child move through the lesson.

Quickly reviewing the content and flow of a chapter before working with it will be especially helpful in making decisions about how best to tailor it for your child. Once you cover the first chapter, you will begin to find your own unique rhythm and will be able to make quick adjustments to further refine the program for a perfect fit.

If you need additional ideas to supplement the content of the lesson, you can easily add some of the activities and ideas from the Family Page in each lesson's activity booklet. If you find the lessons are running longer than the time you have, you might consider skipping the Engage Activity and saving the activities in the booklets for a different time.

You can involve the entire family in these lessons by gathering and preparing materials so that everyone can participate in the Core Learning Activity. This can make learning more fun, and it encourages learning across different ages. You will likely find that you enjoy these activities as well!