



# ROMAN CATHOLIC DIOCESE OF PETERBOROUGH

## Catechist Binder

**Thank you for saying yes to leading these sessions.** You are guiding our young members of the church and their families deeper into our Catholic faith. Please find best practices, a general overview of the session layout, and a detailed breakdown of each session in this document.

### Best Practices for Leaders

- These sessions require some preparation on the part of the leader(s). The more you review the materials, the better prepared and confident you will be! Consult the Teacher Guide for detailed instructions on how to lead each activity, a script of questions to ask, and more background information to expand your knowledge on the session's topic.
- There are two lessons that parents are asked to complete with their children as home sessions; we recommend reviewing the content of those sessions as well as the session materials for the following session for yourself to know how much the children understand and where they are at.
- The sessions call for a video to be watched. Your church may either provide a DVD with the videos on it or may access the videos online through Formed.org. Make sure that you have consulted with your church to see which of these two options they have decided on, as well as to ensure that you have everything needed to set up and play the video during the session (a laptop, projector and screen, TV, any cords/cables, sound system with speakers, power cords/extension cables, adaptors, etc.). It's always a good idea to test the video out before the kids arrive – troubleshooting an unfamiliar system with a bunch of second-graders spectating is no fun!
- Ensure there is a working, visible clock in the space or else bring a watch or a charged phone to keep time. The sessions move quickly and spending even a few minutes too long in one area or another can quickly derail essential aspects of the session. Once time is up for a certain part of the session, quickly move along. For sessions that require a transition (for example, moving from craft tables back to sitting), give a minute or two of leeway for the little ones to wrap up what they're doing and move back to the space.

### General Overview

Each session is designed to run for an hour total. This is a quick breakdown of the flow of the sessions; every session follows this exact flow, which is helpful for both you as a leader and for the students to have a predictable path for the sessions.

#### *Shape of a Session*

- Connect Opening Activity (while students arrive; cleared away right before the session starts)
- Let's Pray & Introduction - 5 mins
- Let's Watch - 10 mins
- Let's Read God's Word - 10 mins
- Let's Learn About our Faith - 10 mins
- Let's Do Activities - 10 mins
- Let's Recall and Reflect - 5 mins
- Final Activity - 10 mins

# SIGNS OF GRACE

## You are Loved Program

### *Preparing for First Holy Communion*

- Connect Opening Activity (while students arrive; cleared away right before the session starts)
- Let's Pray & Introduction - 5 mins
- Let's Watch - 10 mins
- Let's Read God's Word - 10 mins
- Let's Learn About our Faith - 10 mins
- Let's Do Activities – 10 mins
- Final Activities - 15 mins

### Games:

#### Flash card/ Q&A games:

##### Heads up

One player will draw a card and hold it up to their forehead without looking at it. The other players will yell out clues for the first player. The first player will try to guess What is written on their card until they either guess the correct answer or they decide to pass.

##### Charades

Charades is a game of pantomimes: you have to "act out" a phrase without speaking, while the other members of your team try to guess what the phrase is. The objective is for your team to guess the phrase as quickly as possible

##### Flash card collection

Print out flash cards and have them glue in the correct place. Give them a reward sticker or points or treats for each page completed or for all pages completed. Work sheets provided in the Children's folder.

#### More active games for Q& A or flash cards

- **Musical stop game** (kids have a flash card when music stops, they have to find a partner and quiz each other on the card if both have a card, if not the one with the card quizzes the one without it and then they either trade cards or the one without one gets one)
- **Find your partner!** Give out key words/ questions separated from definitions/answers and they have to find their partners.

#### Memory games:

Read question(s) and have them close their books. Give out stickers for those that know the answers individually or by teams.

### Quiet “I spy”

Take them to **Church** and have them do an “I spy” looking for the **Crucifix** and **Tabernacle** for example. As they enter the church teach them to genuflect. Have them sit and you name what they need to find in the church. Instruct them that when they find it, they should touch their nose quietly. Then you ask one of them to point where the item is.

### Hopscotch game

Before class starts, draw on a sidewalk a hopscotch board (or use painters tape on the floor of the classroom to draw it) with labels of the eight parts of the liturgy of the word. Explain that in this game of Hopscotch, after they toss the rock/bottle lid they will describe the part of the Mass in the box in which their rock/bottle lid landed. Then they can complete the hopscotch to get a point. Play along, and have fun.

The winner should get a sticker or some sort of treat.

- |                       |                            |
|-----------------------|----------------------------|
| 1. Introductory rites | 5. Gospel                  |
| 2. First reading      | 6. Homily                  |
| 3. Responsorial psalm | 7. Creed                   |
| 4. Second reading     | 8. Prayers of the Faithful |

## Suggestions

### “Let’s Read God’s Word” section:

- Have an adult do this reading.
- Make it special by: Lighting a candle, doing it in Church, or in a special place in the classroom.
- After the reading go over the “key words” either using the flash cards or writing them on the board. Each child can have a card and when the word is named, they can place it in a special place designated for them.

### “Let’s Learn About our Faith” section:

- If they have been sitting at their desks the whole time until now, you could have them sit on the carpet for this part of the class for a change. Give them a chance to **take turns reading** or saying it in your own words.
- Here is where you make sure you teach the [objectives](#) of the class. This is the core of the knowledge that you want to pass on.
- You can also add the Q&A section here. Those questions will help go to the point in what you want them to remember later. The recall and reflect questions can be used here too..

## Session 1: Preparing the way for Christ

Time	Section	Activity	Resources/Supplies
Until 0:00	Connect Activity	Colour name sign or Spiritual Communion prayer card	Crayons,. Handouts Prayer from student guide p 57
0:00	Let's Pray & Introduction	Pray Pater, Ave Maria and/or Gloria together. p 117 <i>Questions to introduce:</i> <ul style="list-style-type: none"> <li>• When was your birthday?</li> <li>• How do you celebrate it?</li> </ul> Thought to share: The Israelites also celebrated the feast of Passover in a special way remembering how God saved them.	Student guide p. 5
0:05	Let's Watch	Watch You Are Loved: Episode 1: God is with us. (3:05 min)	DVD or link. Devices (Computer Speakers, Projector/Screen)
0:15	Let's Read God's Word	Read Exodus 12:14-28 - The Feast of the Passover <b>Keywords</b> to emphasize: Sacrifice/ Unleavened bread /Passover	Student guide pp 6-7
0:25	Let's Learn About our Faith	Read Jesus the True sacrifice <b>Key word:</b> Manna Main Thoughts to share: <ul style="list-style-type: none"> <li>• Jesus offered himself as a sacrifice so that sins could be forgiven</li> <li>• The most important way we offer sacrifice to God is by going to Mass because this is where we celebrate Jesus s sacrifice for us in a very special way.</li> </ul>	Student guide pp 8-10
0:35	Let's do activities	Activities on page 12 or 13	Student guide p.12 or 13
0:45	Final Activities	Read with them the Q&A Memory game for stickers Flash card or Q&A game Quiet "I spy" in the Church for Crucifix and Tabernacle	Flash cards
1:00	Session End with prayer	Praise God because He is God, thank him for taking care of His people and offering himself as a sacrifice for us. Ask the grace to always go to Mass on Sundays to celebrate Jesus's sacrifice.	

Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.



Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.



Handwriting practice lines consisting of a solid top line, a dashed middle line, and a solid bottom line.



My Jesus, I believe that You are  
present in the Most Holy Sacrament.  
I love You above all things, and I  
desire to receive You into my soul.

Since I cannot at this moment  
receive You sacramentally, come at  
least spiritually into my heart.  
I embrace You as if You were already  
there and unite myself wholly to

You.

Never permit me  
to be separated  
from You.

Amen.

St. Alphonsus Liguori



My Jesus, I believe that You are  
present in the Most Holy Sacrament.  
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# Review 1

## Session 1

1. **Passover** — The memorial that recalls how God saved his people from slavery and death in Egypt.
2. **Unleavened bread** — Bread that is made without yeast so that it doesn't rise.
3. **Manna** — The bread from heaven that God gave to the Israelites in the desert.
4. **Sacrifice** — Offering of something to God for the forgiveness of sin or in thanksgiving for God's great gifts. Jesus offered himself as a sacrifice so that our sins could be forgiven.

## Session 2

1. **Mass** — The name of the liturgy in which we celebrate the Sacrament of the Eucharist; the bread and wine are changed into the Body and Blood of Christ, which we receive in Holy Communion.
2. **Transubstantiation** — The change of bread and wine into the Body and Blood of Christ, which occurs when the priest says the Words of Consecration, "This is my Body," and "This is my Blood."
3. **Real Presence** — The reality that Jesus is truly present, Body, Blood, Soul, and Divinity, in the Eucharist.

### Activities:

**True or False** (if the statement is false, change the underlined words to make it a true statement)

1. **Unleavened bread** is bread that is made without yeast so that it doesn't rise
2. **Manna** is the wine from heaven that God gave to the Israelites in the desert.
3. **Real Presence** — The reality that Jesus is truly present, Body, Blood, Soul, and Divinity, in the Eucharist.

### Fill in the blanks:

1. **Passover** is the memorial that recalls how God \_\_\_\_\_ his people from slavery and death in Egypt.
2. Jesus offered himself as a \_\_\_\_\_ so that our sins could be forgiven.
3. **Transubstantiation** is the \_\_\_\_\_ of bread and wine into the Body and Blood of Christ.

### Match!

- |                              |   |
|------------------------------|---|
| 1. <b>Mass</b>               | — The name of the liturgy in which we celebrate the Sacrament of the Eucharist.                                     |
| 2. <b>Sacrifice</b>          | — The change that occurs when the priest says the Words of Consecration, "This is my Body," and "This is my Blood." |
| 3. <b>Transubstantiation</b> | — Offering of something to God for the forgiveness of sin or in thanksgiving for God's great gifts.                 |

### Session 3: The death and resurrection of Jesus

Time	Section	Activity	Resources/Supplies
Until 0:00	Connect Activity	Activities on page 26-27 Play Pange Lingua song in the background	Student guide MP3 recording/youtube <a href="#">link</a>
0:00	Let's Pray & Introduction	<b>Pray</b> Pater, Ave Maria and/or Gloria together. Review questions on page 28. <b>Ask</b> these questions to introduce the theme: <ul style="list-style-type: none"> <li>• Have you ever wondered about Jesus' Death on the Cross?</li> <li>• Why was Jesus willing to endure the suffering of his Crucifixion?</li> </ul> <b>Thought</b> to share: The Eucharist is the most important sacrament because it makes Jesus present to us.	Student guide p 28  Students guide p33
0:05	Let's Watch	Watch You Are Loved: Episode 3: Jesus gave you everything (3m 51s)	DVD or link. Devices (Computer Speakers, Projector/Screen)
0:15	Let's Read God's Word	Read John 19:28-20:10 The Death and Resurrection of Jesus <b>Keywords:</b> Crucified / Sabbath <b>Let's talk about it</b> questions	Student guide pp34-35
0:25	Let's Learn About our Faith	Emphasize <b>Key words</b> "Salvation"/ "witnesses" <i>Teach Key focus from objectives.</i> <ul style="list-style-type: none"> <li>• As members of the Body of Christ we share in Jesus's Mission to bring God's love to everyone.</li> </ul> "Did you know?" section on p. 39 <ul style="list-style-type: none"> <li>• Explain <b>key words</b> Sanctifying / actual grace</li> </ul> Give them some quiet time to study and remember them	Students guide pp. 36-38  Student guide p. 39
0:35	Let's do activities	Let's call and reflect	Student guide p 42
0:45	Final Activities	<ul style="list-style-type: none"> <li>• Give out stickers to those who can tell you what is sanctifying grace and actual grace.</li> </ul> And /or Quiet I spy: Baptismal font and take them close to it and have them say or listen to the Creed	Stickers  Student guide p. 118
1:00	Session End with prayer	Read prayer	Student guide p 33

# Review 2

## Session 3

1. **Crucified** - To put to death by nailing or tying a person to a cross as a form of punishment.
2. **Salvation** — The forgiveness of our sins and healing of our friendship with God so that we can be united with him now on earth and for all of eternity in Heaven.
3. **Actual Grace** - God's gift to help us in each moment to love God and make the right choices.
4. **Sanctifying Grace** — The gift of God's own divine life in us that makes us holy.

## Session 4

1. **Tabernacle** - An ornate box-like container where the Eucharist is reserved for prayer and adoration outside of Mass. Jesus is present in the Tabernacle, which is found in every Catholic church.
2. **The Most Blessed Sacrament** — Another name for the Eucharist, because it is the center of the sacramental life of the Church.
3. **Eucharist** — The sacrament instituted by Christ at the Last Supper, in which bread and wine are changed into his Body and Blood. From the Greek word meaning “thanksgiving.”
4. **Holy Communion** — Another name for the Sacrament of the Eucharist because it unites us with Jesus. It is the time when we receive the Body and Blood of our Lord under the appearance of bread and wine.
5. **Holy Sacrifice** — In the Liturgy of the Mass, the sacrifice of Jesus on the Cross is made present to us.

## Activities:

**True or False** (if the statement is false, change the underlined words to make it a true statement)

1. **Tabernacle** is an ornate box- where the bread is reserved for prayer outside of Mass.
2. **Holy Communion** is another name for the Sacrament of Confession.
3. In the Liturgy of the Mass, the sacrifice of Jesus on the Cross is made present to us.

## Fill in the blanks:

1. **Crucified** - To put to death by nailing or tying a person to a \_\_\_\_\_ as a form of punishment.
2. **Actual Grace** is God's gift to help us in \_\_\_\_\_ \_\_\_\_\_ to love God and make the right choices.
3. **Sanctifying Grace** is the gift of God's own divine life in us that makes us \_\_\_\_\_.

## Match!

- |                          |   |
|--------------------------|---|
| 1. <b>Eucharist</b>      | — The forgiveness of our sins and healing of our friendship with God so that we can be united with him now on earth and for all of eternity in Heaven.            |
| 2. <b>Holy Communion</b> | — The sacrament instituted by Christ at the Last Supper, in which bread and wine are changed into his Body and Blood. From the Greek word meaning “thanksgiving.” |
| 3. <b>Salvation</b>      | — It is the time when we receive the Body and Blood of our Lord   |

## Session 5: Receiving Holy Communion

Time	Section	Activity	Resources/Supplies
Until 0:00	Connect Activity	Activities on page 54-55	Student guide, pencils crayons, and erasers.
0:00	Let's Pray & Introduction	<p><b>Pray</b> Pater, Ave Maria and/or Gloria together. Review questions on page 56.</p> <p><b>Ask</b> these questions to introduce the theme:</p> <ul style="list-style-type: none"> <li>• What do you do in the morning to get ready for your day?</li> </ul> <p><b>Thought</b> to share: The Eucharist is the most special gift to us, so we do some special things to get ready to receive this gift.</p>	<p>Student guide p 117</p> <p>Students guide p 61</p>
0:05	Let's Watch	Watch You Are Loved: Episode 5: Jesus is really present (3m 30s)	DVD or link. Devices (Computer Speakers, Projector/Screen)
0:15	Let's Read God's Word	<p>Read 1 Corinthians 10: 14-17 St. Paul writes about the Eucharist</p> <p><b>Let's talk about it</b> question 4</p> <p>4. What does St. Paul say that the cup and the bread of the Eucharist really are? What do we receive in the Eucharist?</p>	<p>Student guide pp 62-63</p> <p>Teachers guide p 105</p>
0:25	Let's Learn About our Faith	<p>Emphasize <b>Key words</b> " State of grace, mortal sin, reverence, Eucharistic fast</p> <p><b>Teach Key focus from objectives.</b></p> <ul style="list-style-type: none"> <li>• Jesus is truly present in the Eucharist—Body, Blood, Soul, and Divinity. He is present in every drop of the Precious Blood and in every piece of the Host.</li> <li>• We should do some special things to prepare to receive the Eucharist at Mass:               <ol style="list-style-type: none"> <li>1. Fasting from food and drink for one hour before receiving Holy Communion.</li> <li>2. Going to Confession if we have committed a mortal sin so we can receive Jesus in the state of grace..</li> <li>3. We must always show proper reverence when receiving Christ.</li> </ol> </li> </ul>	Students guide pp. 64-67
0:40	Let's do activities	God's special gift and Graces Tic-tac-toe	Student guide pp 68-69
0:50	Final Activities	<p>Read questions on "Preparing to receive" hand out and ask them to answer with their hands. True (thumbs up) or false (thumbs down).</p> <p>"Receiving Holy Communion" activity</p>	<p>Hand out from Student activity book session 5</p> <p>Copies of Handout</p>
1:00	Session End	Read prayer line by line and have them repeat after you	Student guide p 71

## Preparing to Receive\*

Receiving Jesus in the Eucharist is the most important and special thing we can do as Catholics! Read the statements below about preparing to receive Holy Communion.

***Put a "T" by the true statements and an "F" by the false statements. IF this is done as a game and orally. Thumbs up is True and Thumbs down is False.***

1. \_\_\_\_ The Eucharist fills our souls with grace so we can love God and others more.
2. \_\_\_\_ If I have committed a mortal sin, I need to go to Confession before I receive the Eucharist.
3. \_\_\_\_ We don't need to go to Mass every Sunday, especially if we have important things to do.
4. \_\_\_\_ I should fast from food and drink for one hour before Communion, except for water or medicine.
5. \_\_\_\_ I should only receive Communion in the hand, never on the tongue.
6. \_\_\_\_ Jesus is fully present—Body, Blood, Soul, and Divinity—in every drop of the precious Blood and in every piece of the Host.
7. \_\_\_\_ All of my venial sins are washed away when I receive Holy Communion.
8. \_\_\_\_ The Eucharist unites us with Jesus but not really with the Church.

\* Source: Student activity book session 5

# Receiving Holy Communion



## Fill in the blanks

Word bank:

<i>Eucharist</i>	<i>every</i>	<i>Fasting</i>	<i>grace</i>	<i>truly</i>	<i>every</i>
	<i>reverence</i>		<i>one</i>	<i>mortal</i>	

- A. Jesus is \_\_\_\_\_ present in the \_\_\_\_\_—Body, Blood, Soul, and Divinity.
- B. He is present in \_\_\_\_\_ drop of the Precious Blood and in \_\_\_\_\_ piece of the Host.
- C. We should do some special things to prepare to receive the Eucharist at Mass:
1. \_\_\_\_\_ from food and drink for \_\_\_\_\_ hour before receiving Holy Communion.
  2. Going to Confession if we have committed a \_\_\_\_\_ sin so we can receive Jesus in the state of \_\_\_\_\_
  3. We must always show proper \_\_\_\_\_ when receiving Christ.

## Match!

State of grace -	We worship Jesus, who is present in the Blessed Sacrament
Mortal sin-	A serious sin that separates us from God and results in the loss of Sanctifying Grace.
Reverence-	The rule that we must not eat or drink anything (except for water or medicine) for at least one hour before receiving Holy Communion
Eucharistic fast-	To show respect, especially for things that are holy.
Adoration -	The state of having God's divine life within us

# Review 3

## Session 5

1. **State of Grace** — The state of having God’s divine life within us.
2. **Reverence** — To show respect, especially for things that are holy.
3. **Mortal Sin** — A serious sin that separates us from God and results in the loss of Sanctifying Grace.
4. **Eucharistic Fast** — The rule that we must not eat or drink anything (except for water or medicine) for at least one hour before receiving Holy Communion.
5. **Consecrated** - The bread and wine that has been changed into the Body and Blood of Jesus.

## Session 6

1. **Liturgy** — The word and actions that we use when we worship God and celebrate the Sacraments.
2. **Liturgy of the Mass** — The celebration in which we come together to worship as a church, which is the Body of Christ. The Liturgy of the Mass is comprised of the Liturgy of the Word and the Liturgy of the Eucharist.
3. **Lord's Day** — Another name for Sunday, because the Lord rose from the dead on a Sunday. We must always go to Mass on Sundays unless there is a serious reason.
4. **Holy Days of Obligation** — Feast days that celebrate special events in the lives of Jesus, Mary, and the saints, on which Catholics are required to attend Mass on these special days.

### Activities:

**True or False** (if the statement is false, change the underlined words to make it a true statement)

1. **State of Grace** is the state of having our parents' divine life within us.
2. **Mortal Sin** is a serious sin that separates us from God.
3. In the Liturgy of the Mass, the sacrifice of Jesus on the Cross is made present to us.

### Fill in the blanks:

4. **Eucharistic Fast** — The rule that we must \_\_\_\_\_ eat or drink \_\_\_\_\_ (except for water or medicine) for at least one \_\_\_\_\_ before receiving Holy Communion.
5. **Lord's Day** is another name for \_\_\_\_\_, because that is when the Lord rose from the dead.
6. **Consecrated** host is the bread that has been \_\_\_\_\_ into the Body and Blood of Jesus.
7. **Reverence** — To show respect, especially for things that are holy.

### Match!

1. **Lord's day** — Feast days that celebrate special events in the lives of Jesus, Mary, and the saints, on which Catholics are required to attend Mass on these special days.
2. **Liturgy** — The word and actions that we use when we worship God and celebrate the Sacraments.
3. **Holy Days of Obligation** — The day Jesus rose from the dead and we must always go to Mass unless there is a serious reason.

## Session 7: The Liturgy of the Word

Time	Section	Activity	Resources/Supplies
Until 0:00	Connect Activity	Activity on page 82 Play Pange Lingua song in the background	Student guide MP3 recording/youtube <a href="#">link</a>
0:00	Let's Pray & Introduction	<b>Pray</b> Pater, Ave Maria and/or Gloria together. Review questions on page 84. <b>Ask</b> these questions to introduce the theme: Can you imagine being best friends with someone when you did know anything about the person, and you never talked? <b>Thought</b> to share: God prepares us to receive Holy Communion by speaking to us in his Word.	Student guide p 117 And 84  Students guide p.89
0:05	Let's Watch	Watch You Are Loved: Episode 7: Stories are amazing (2m 50s)	DVD or link. Devices (Computer Speakers, Projector/Screen)
0:15	Let's Read God's Word	Read Lk 24: 13-27 The Road to Emmaus -Part 1	Student guide pp 90-91
0:20	Let's Learn About our Faith	Read with them <i>Teach Key focus from objectives.</i> The Mass is one act of worship with two parts: the Liturgy of the Word and the Liturgy of the Eucharist.	Students guide pp. 92-95
0:35	Let's do activities	Liturgy of the Word/ The Nicene Creed Activities	Student guide pp 96-97
0:45	Final Activities	Read Q&A Hopscotch game (see game explanation above) Bring them to Church and do: " Quiet I spy": Ambo	Student guide p. 98 Teacher guide p 152
1:00	Session End with prayer	Say prayer on page 89 or 99 or your own prayer giving thanks to God for giving us his Word.	Student guide pp 89 or 99

## Liturgy of the Word Hopscotch game

1. Introductory rites
2. First reading
3. Responsorial Psalm
4. Second reading
5. Gospel
6. Homily
7. Creed
8. Prayers of the Faithful

# Review 4

## Session 7

1. **Liturgy of the Word** — The first part of the Mass where we hear the Word of God in the readings from Scripture. It includes the First Reading, the Responsorial Psalm, the Second Reading, the Gospel, the homily, the Creed, and the Prayer of the Faithful.

## Session 8

1. **Liturgy of the Eucharist** — The second part of the Mass in which the bread and wine become the Body and Blood of Christ. It includes the presentation of the gifts, Consecration, and Communion.
2. **Words of Consecration** — These are the words Jesus spoke at the Last Supper: “This is my body, which will be given up for you” and “This is the chalice of my blood.” When the priest repeats these words at Mass, the bread and wine become the Body and Blood of Christ.

### Activities:

**True or False** (if the statement is false, change the underlined words to make it a true statement)

1. **The Liturgy of the Word** is the first part of the Mass where we hear the Word of God from Scripture
2. **Liturgy of the Eucharist** — The first part of the Mass in which the bread and wine become the Body and Blood of Christ.
3. When the priest repeats the words of consecration at Mass, the bread and wine become the Body and Blood of Christ.

### Fill in the blanks:

1. **The Liturgy of the Word** includes the \_\_\_\_\_ Reading, the Responsorial \_\_\_\_\_, the \_\_\_\_\_ Reading, the \_\_\_\_\_, the \_\_\_\_\_, the \_\_\_\_\_, and the \_\_\_\_\_ of the Faithful.
2. These are the words Jesus spoke at the Last Supper: “This is my \_\_\_\_\_, which will be given up for you” and “This is the chalice of \_\_\_\_\_ blood.”

### Match!

Gospel-  
Communion -  
Homily-  
Second reading-  
Creed-



**1. Liturgy of the Word**  
**2. Liturgy of the Eucharist**

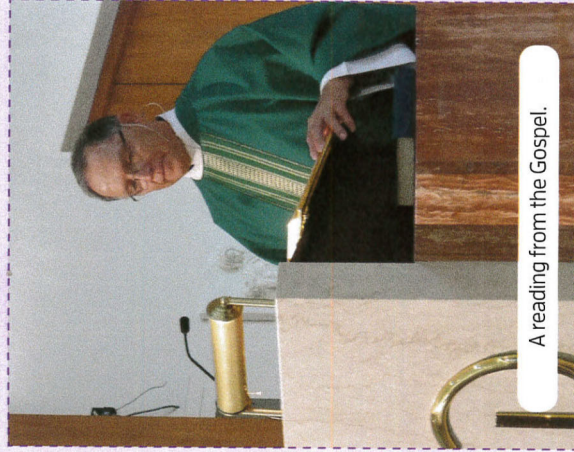


-First Reading  
-Presentation of the gifts  
-Consecration.  
-Responsorial Psalm  
-Prayer of the Faithful

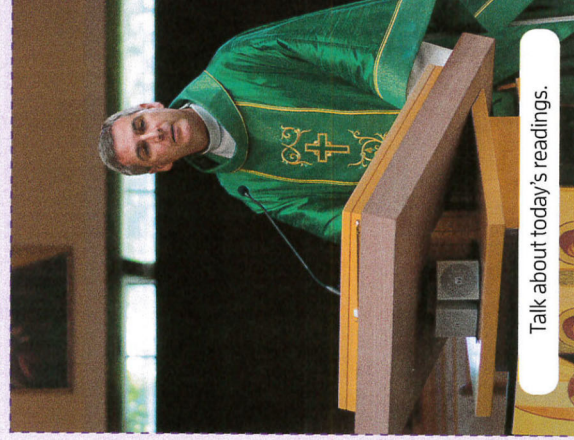
## Session 8: The Liturgy of the Eucharist

Time	Section	Activity	Resources/Supplies
Until 0:00	Connect Activity	Put in order the pictures of the Liturgy of the Word Play Pange Lingua song in the background	Handout or teacher guide pp241,and 243. MP3 recording/youtube <a href="#">link</a>
0:00	Let's Pray & Introduction	<b>Pray</b> Pater, Ave Maria and/or Gloria together. <b>Ask</b> this question: Have you ever wondered what it would be like to meet someone famous? <b>Thought</b> to share: In the Mass we meet Jesus in a very special way	Student guide p 117 Students guide p.103
0:05	Let's Watch	Watch You Are Loved: Episode 8: The miracle at the Mass (11min) Or invite your pastor to show the children the sacred Vessels, linens and words of the Eucharistic prayer.	DVD or link. Devices (Computer Speakers, Projector/Screen)
0:16	Let's Read God's Word	Read Lk 24:28-35 The Road to Emmaus -Part 2	Student guide pp 104
0:25	Let's Learn About our Faith	Read with them Teach Key focus from objectives. <ul style="list-style-type: none"> <li>• The second part of the Mass is called the Liturgy of the Eucharist, in which Jesus becomes present to us, Body, Blood, Soul, and Divinity.</li> <li>• Jesus's sacrifice on the Cross is made present to us, and we also offer our lives as a living sacrifice to God.</li> <li>• When we receive Holy Communion, we are united with Jesus in a very special way.</li> </ul>	Students guide pp. 106-109
0:35	Let's do activities	Liturgy of the Eucharist activities	Student guide pp 111
0:45	Final Activities	Read Q&A Unscramble Mass parts game Bring them to Church and play. Quiet I spy: Altar	Student guide p. 98 Teacher guide p 169
1:00	Session End with prayer	Say prayer on page 103 and have them repeat after you. Or say your own prayer	Student guide 103

Cut these out and have children put it in order. ( Bigger images can be found in the teacher guide pages 239 and 241)



A reading from the Gospel.



Talk about today's readings.



Entering the church.



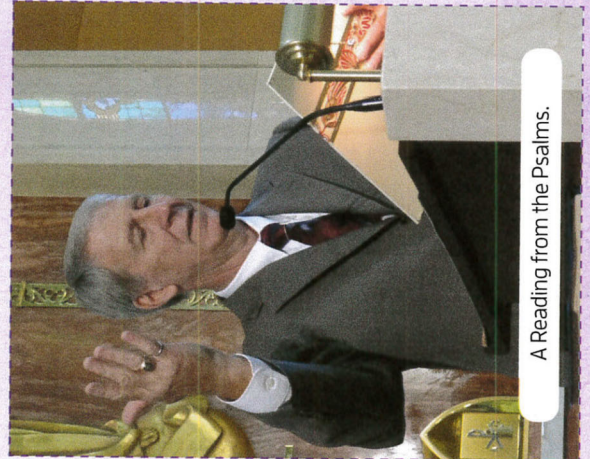
Reading from the Old Testament.



We believe...



Prayers for our community...

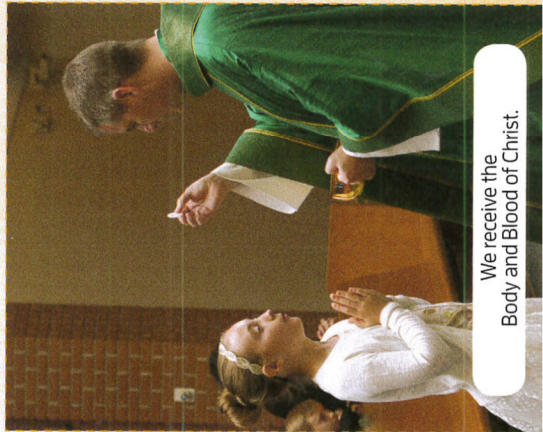
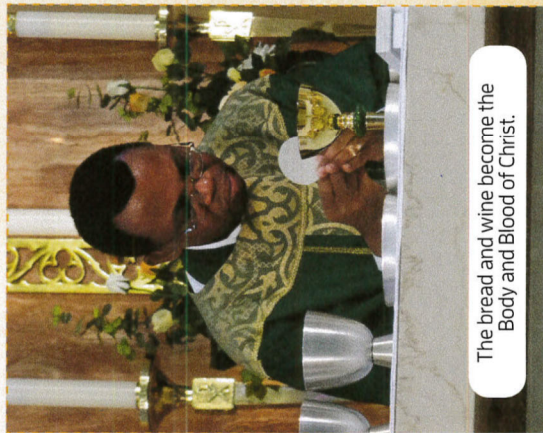


A Reading from the Psalms.



Reading from the Letters.

Cut these out and have children put it in order. ( Bigger images can be found in the teacher guide pages 243 and 245)



## Retreat and Rehearsal Day

Time	Section	Activity	Resources/Supplies
Until 0:00	Connect Activity	“Quiet I spy” game in the church. Use items from A tour of a Catholic Church	Student guide pp129-131
0:00	Let’s Pray & Introduction	<b>Pray</b> act of contrition Explain today’s schedule	Student guide p 119
0:05	Let us remember	Read with them Seven steps to make a good confession	Student guide 124
0:16		Read for them to listen Examination of conscience	Student guide 123
0:25	Confessions	If there are many children and wait is long. Pray the rosary with them or practice the <a href="#">Pange Lingua song</a>	Student guide 122 Teacher guide 253
0:50	Review Activities	True or false, Fill in the blank, Match.	Handouts
1:15	Practice	Explain how to receive Holy Communion. Talk to the pastor about letting them try unconsecrated hosts and wine*	Teacher guide 170
1:30	Eucharist adoration	Read what is adoration Ask Pastor to expose the Blessed Sacrament Let them pray in silence	Student guide p. 67
1:40	Reposition	Sing the <a href="#">Pange lingua song</a> and pray the divine praises repeating after the priest.	Student guide p 71 Teacher guide 253
1: 45	Games/ snack	Any of the games we have played or new games.	
2:00	Dismissal		

\* If First Holy Communion will be received under both species.

## Retreat Review Activities:

**True or False** (if the statement is false, change the underlined words to make it a true statement)

1. **Unleavened bread** is bread that is made with yeast so that it doesn't rise
2. **Manna** is the wine from heaven that God gave to the Israelites in the desert.
3. **Real Presence** — The reality that Jesus is truly present, Body, Blood, Soul, and Divinity, in the Eucharist.
4. **Tabernacle** is an ornate box- where the bread is reserved for prayer outside of Mass.
5. **Holy Communion** is another name for the Sacrament of Confession.
6. In **the Liturgy of the Mass**, the sacrifice of Jesus on the Cross is made present to us.
7. **State of Grace** is the state of having our parents' divine life within us.
8. **Mortal Sin** is a serious sin that separates us from God.
9. **The Liturgy of the Word** is the first part of the Mass where we hear the Word of God from Scripture
10. **Liturgy of the Eucharist** — The first part of the Mass in which the bread and wine become the Body and Blood of Christ.
11. When the priest repeats the words of consecration at Mass, the bread and wine become the Body and Blood of Christ.

## Fill in the blanks:

1. **Passover** is the memorial that recalls how God \_\_\_\_\_ his people from slavery and death in Egypt.
2. Jesus offered himself as a \_\_\_\_\_ so that our sins could be forgiven.
3. **Transubstantiation** is the \_\_\_\_\_ of bread and wine into the Body and Blood of Christ.
4. **Crucified** - To put to death by nailing or tying a person to a \_\_\_\_\_ as a form of punishment.
5. **Actual Grace** is God's gift to help us in \_\_\_\_\_ \_\_\_\_\_ to love God and make the right choices.
6. **Sanctifying Grace** is the gift of God's own divine life in us that makes us \_\_\_\_\_.
7. **Eucharistic Fast** — The rule that we must \_\_\_\_\_ eat or drink \_\_\_\_\_ (except for water or medicine) for at least one \_\_\_\_\_ before receiving Holy Communion.
8. **Lord's Day** is another name for \_\_\_\_\_, because that is when the Lord rose from the dead.
9. **Consecrated** host is the bread that has been \_\_\_\_\_ into the Body and Blood of Jesus.
10. **Reverence** is to show \_\_\_\_\_, especially for things that are holy.
11. **The Liturgy of the Word** includes the \_\_\_\_\_ Reading, the Responsorial \_\_\_\_\_, the \_\_\_\_\_ Reading, the \_\_\_\_\_, the \_\_\_\_\_, the \_\_\_\_\_, and the \_\_\_\_\_ of the Faithful.
12. These are the words Jesus spoke at the Last Supper: "This is my \_\_\_\_\_, which will be given up for you" and "This is the chalice of \_\_\_\_\_ blood."

### **Word bank:**

my	saved	sacrifice	Gospel	change	holy	cross	Homily
each	moment	hour	not	anything	Sunday	changed	
respect	first	Psalm	Second	Creed	Prayer	body	

## Match!

1. **Mass** — The name of the liturgy in which we celebrate the Sacrament of the Eucharist.
2. **Sacrifice** — The change that occurs when the priest says the Words of Consecration, “This is my Body,” and “This is my Blood.”
3. **Transubstantiation** — Offering of something to God for the forgiveness of sin or in thanksgiving for God’s great gifts.
4. **Eucharist** — The forgiveness of our sins and healing of our friendship with God so that we can be united with him now on earth and for all of eternity in Heaven.
5. **Salvation** — It is the time when we receive the Body and Blood of our Lord
6. **Lord’s day** — The sacrament instituted by Christ at the Last Supper, in which bread and wine are changed into his Body and Blood. From the Greek word meaning “thanksgiving.”
7. **Liturgy**
8. **Holy Days of Obligation** — Feast days that celebrate special events in the lives of Jesus, Mary, and the saints, on which Catholics are required to attend Mass on these special days.
9. **Holy Communion** — The word and actions that we use when we worship God and celebrate the Sacraments.  
— The day Jesus rose from the dead and we must always go to Mass unless there is a

# First Reconciliation & First Holy Communion | 2023-2024 Overview (EXAMPLE)

SEPTEMBER 2023						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- 17 Parent Info Night
- 20 Catechist Training (parish-run)

FEBRUARY 2024						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

- Complete Communion Session 4 online before next session
- 4 Parent Session
- 14 Ash Wednesday - Lent Begins
- 21 First Communion Session 5 in person  
Complete Communion Session 6 online before next session

OCTOBER 2023						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

- 4 Reconciliation Session 1  
Complete Reconciliation Session 2 online before the next session
- 18 Reconciliation Session 3  
Complete Reconciliation Session 4 online before the next session

MARCH 2024						
S	M	T	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

- 4 Parent Session & Rite of Enrollment at Mass
- 7 First Communion Session 7
- 11-17 March Break
- 25 Palm Sunday

NOVEMBER 2023						
S	M	T	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

- 5 Parent Session
- 8 Reconciliation Session 5
- 15 Reconciliation Session 6
- 22 Reconciliation Session 7
- 26 Parent Session & Rite of Welcome at Mass

APRIL 2024						
S	M	T	W	Th	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

- 6 Good Friday
- 8 Easter Sunday
- 11 Communion Session 8
- 18 Communion Retreat (optional)
- 22 Parent Session

DECEMBER 2023						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

- 3 Advent Begins
- 6 **FIRST RECONCILIATION**
- 25 Christmas Day

MAY 2024						
S	M	T	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- 2 Communion Rehearsal (Reconciliation offered)
- 6 **FIRST HOLY COMMUNION MASS**

JANUARY 2024						
S	M	T	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

- 1 Solemnity of Mary Mother of God (Holy Day of Obligation)
- 7 Parent Session
- 10 Communion Session 1  
Complete Communion Session 2 online before next session
- 24 Communion Session 3



ROMAN CATHOLIC  
DIOCESE OF PETERBOROUGH