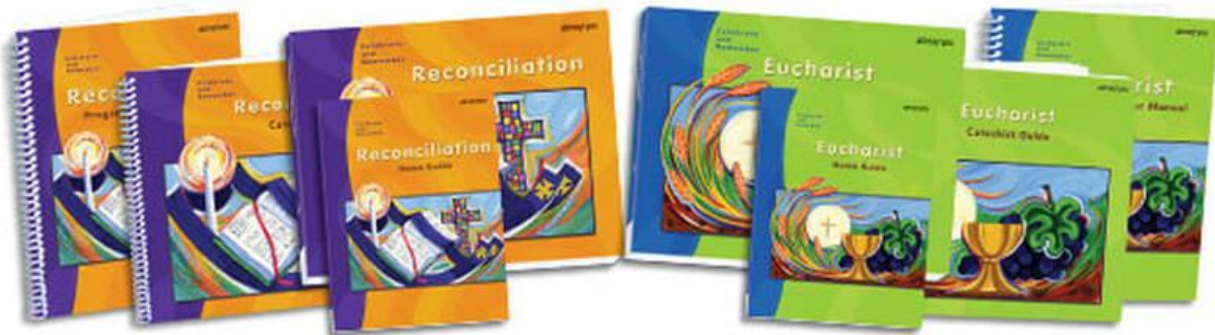


# First Eucharist Sacrament Preparation

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Quick Reference Guide for Parents  
Chapters 9 & 10



ROMAN CATHOLIC  
**DIOCESE**  
*of Calgary*

## CHAPTER 9

### The Body of Christ



#### **We Listen** Pages 82-83

The account of the two disciples meeting the Resurrected Jesus on the road to Emmaus reminds us of the celebration of the Eucharist:

1. The Liturgy of the Word and the Homily (the Stranger explaining the Scriptures),
  2. Liturgy of the Eucharist (the breaking of the Bread)
- The purpose of



#### **We Learn** Pages 84-87

The Communion Rite begins with the Lord's Prayer. Communion means "unity" or "oneness".

During the Communion Rite, we say the Lord's Prayer, share the Sign of the Peace and receive the Body and Blood of Jesus.

Review the words on pg. 84 before communion.

How to receive Communion pg. 110.

It is important after you receive communion to spend time in silent prayer with your eyes closed. Jesus is in your heart to speak to Him!



#### **We Live** Pages 88-89

Although we cannot see Jesus, He is always with us, and will always love us.

We realize that each time we receive Communion, we meet Jesus in a special way.

(Suggestion: a short prayer to suggest to parents that children could memorize and say after communion: "Jesus, I adore You above all things. May all You have created give You thanks and praise and adore You forever. Amen.")

## CHAPTER 10

### Go in Peace



#### **We Listen** Pages 92-93

In the Acts of the Apostles, we hear about how the first Christians lived. They learned the teachings of the Apostles, they prayed together, they lived in community and they were generous to the poor.

Most importantly, they “broke bread” which means that they celebrated the Eucharist. The Eucharist was the most important part of the lives of the early Christians.

The Holy Spirit played an important role in



#### **We Learn** Pages 94-97

The Eucharist unites us to Jesus and helps us to be better followers of Jesus. Through baptism, we are united to Jesus Christ who is the head of the Church. In the Eucharist, that bond is strengthened and we work together as members of the Body of Christ, the Church.

As the Body of Christ, we become more like Jesus by being generous to others and spreading the Good News of Jesus.

At the end of the Mass, we are blessed and sent forth to live as members of the Body of Christ, to love and serve the Lord, and to do good works, praising God, telling others about Jesus, and living our lives as Jesus asks.

Invite the children to give



#### **We Live** Pages 98-99

Why do we need the Eucharist? To help our spirits grow strong and to help us become more like Jesus.

Emphasize that helping others, especially in our families, is one of the ways bring the love of Jesus to others.