

# Family Page

## Background Focus

The consecration of the bread and wine at Mass is the most solemn moment of the entire liturgical celebration. This is when the bread and wine, through the power of the Holy Spirit, become the Body and Blood of Christ. Not changing in form but in substance, the Eucharist becomes the true and Real Presence of Jesus, not merely a symbol of it.

The gift of the Sacrament of the Eucharist is the gift of Jesus himself, promising to be with us always (Matthew 28:20) and to strengthen us as his disciples. It is a truly awesome gift we receive each time we go to Mass.

This chapter teaches about the Eucharist and its beginning at the Last Supper. Although the changing of the bread and wine to the Body and Blood of Jesus can be challenging for children to fully grasp, it is helpful to remind them that Jesus gave us this gift of himself and that the Church has been celebrating the Eucharist ever since the Last Supper.

## Family Strategies

The reverence and prayerfulness the priest and all adults have at Mass directly influences and is a model for children preparing for the sacrament. Point out to your child some of the key moments throughout the Mass, especially the consecration when the priest repeats the words of Jesus at the Last Supper and then genuflects, or goes down on one knee. This is a sign of worship and adoration because Jesus is now present in a real way in the bread and the wine.

## Family Activities

- Take some time to walk around your church and look for symbols and signs of the Eucharist.
- Complete the following craft together if your child didn't complete this in class. Use the directions and template on this website: [www.craftingthewordofgod.com](http://www.craftingthewordofgod.com). Search for "The Lords Supper," and select the activity posted on June 10, 2013.
- Read together the Featured Story on page 1560 in *The Catholic Children's Bible* (Mark 14:22-24). Invite your child to tell you what he or she remembers about the meaning of this Scripture passage.

## Pray If!

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

Dear Jesus, you are with us in a special way in the Eucharist. We know that when we receive you in the Eucharist, we are given the strength to follow you more closely. For this we are thankful.  
Amen.