

Family Page

Background Focus

Relationships are nourished and strengthened by good communication, shared and expressed love, and quality presence. Our relationship with Jesus is like other relationships in our lives. Although we don't encounter Jesus in the same way as we do other people, he offers us a chance to have a relationship with him through communication, love, and presence.

The special presence of Jesus in Word and sacrament is an incredible gift to us and to all of the Church. It is the way we continue and strengthen our relationship with him.

In this lesson, the children read about the two disciples on their way to Emmaus. The hearts of the disciples burned as they discovered that the risen Jesus was present with them. May our hearts and the hearts of all those preparing for the Sacrament of the Eucharist burn with joy as we celebrate the gift of our own encounter and relationship with Jesus.

Family Strategies

In the Communion Rite at Mass, we offer one another the Sign of Peace. This act of sharing Jesus' peace with others is a great preparation for receiving the Eucharist. But signs of peace don't have to be limited to Mass. Think of the ways that your family might more intentionally become a family of peace through your words and actions. Explore together how you might become even more kind, respectful, and forgiving to one another.

Family Activities

- Talk with your child about why you are excited that she or he is preparing to receive Communion. Share what receiving the Eucharist means to you.
- Search for "Sacraments 101: Eucharist (how we receive)" (4:45) on YouTube, and watch it together. Talk with your child about what it is like to receive the Body and Blood of Christ, and practice with your child at home.
- Read together the Featured Story on page 1644 in *The Catholic Children's Bible* (Luke 24:28–32). Invite your child to tell you what he or she remembers about the meaning of this Scripture passage.

Pray It!

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

Dear Jesus, you rose from the dead and are present with us through the gift of the Eucharist. We thank you for this gift and look forward to receiving you at Mass. Amen.