

February 28, 2021

Dear Parents,

So far this year we have covered much of our salvation history, starting with the creation of the world, intentionally and lovingly created by God, and the creation of mankind, also intentionally and lovingly created by God for a purpose. From the very beginning of scripture, we hear that we were made in His image and that we were created for love, by Love, and to love. We hear how God wants to be a part of every part of our lives as his people.

Throughout the stories that we have shared, we hear how God gently calls humanity to Himself and creates covenant after covenant creating a familial relationship at every turn, letting us know that God wishes for more than friendship, but a family type of love. He has always been our creator, but it is up to us if we can accept Him as our Father. All of the covenants that were made were for this purpose. From the beginning of time, God knew that these would not be sufficient. We, humanity, needed to first go through these earlier covenants in order to make sense of the New Covenant, the Perfect Sacrifice so that we could see more clearly that we are cherished, sought after, and completely loved.

Through the learning of the previous sacrifices and covenants, we can now see the value of what is happening in the New Covenant. God made man, humble and yet perfect, human and yet sinless came to teach us how to live and to set us on the right path. And then offered himself up as a perfect offering for our salvation. If before, the sacrifice of an animal could atone for sins of a man or a community, how much more the willing sacrifice of God Himself. This sacrifice is not temporary, it is perpetual, the wounds of Christ are eternal and were taken willingly for us. At every Mass, we take part in the last supper and recall His perfect sacrifice.

As parents, we know what we would do for our kids and our children have no idea how valuable they are to us, how much we love them. This is the story of God, our Father, and us, His children. Being parents, grandparents, and aunts and uncles, we are permitted a peek at how much God loves us and what lengths He would go on account of us, but we can only imagine the true depth of His love.

In this upcoming session, fittingly started with a retreat, Confession, and Adoration, we are going to begin our journey talking about this last Covenant. The New and Everlasting Covenant. Please take your time with your child, you might even find among their questions, that you might have some too. Seek answers and stretch your faith right along with them. I can't begin to tell you all that I've learned creating this program. I hope you are having these experiences too.

God Bless!

Grades 3-5
Session 15

This lesson focuses on the True Presence of Christ in the Eucharist. One of the main differences between other Christian faiths and the Catholic faith is the True Presence. Many Christian faiths believe that practicing communion is simply that, practicing communion. Many believe that when their pastor brings the bread and wine, or in some faiths grape juice, it is just something they were asked to do as a kind of community tradition, the bread is still bread, the juice is still juice and the sharing is just a way to say that they are a community of believers. Other Christian faiths have beliefs that are very similar to ours, believing that Christ is present physically in the Eucharist but in another way, for instance, the Lutheran faith believes that Christ is present in the Eucharist but alongside the bread and wine.

As Catholics, we believe that during the words of consecration by the priest, the bread and wine cease to exist. We Catholics call this transubstantiation, which means that during the Eucharistic Prayer the substance (or essence) of the bread and wine is fully changed into the body and blood of Christ, while the outward appearance of bread and wine (what they look, feel and taste like) remains the same as before.

Liturgy of the Eucharist

Let's begin with going over the Liturgy of the Eucharist with your child and explaining things step by step so that when they go to Mass next, they have a better understanding of what is happening and why we are doing what we are doing. After all, this is their Mass, too. It might be helpful to go to our YouTube channel, Lima St. Charles, and go over the Liturgy of the Eucharist as you watch that part of the Mass. This way, you can pause it to discuss, teach, or answer questions. Or even better yet, go over briefly what is going on during the Liturgy of the Eucharist and then watch a recorded Mass, stopping at strategic places and ask your child what is going on. Then you will know where he/she needs more instruction and where they are set to impress. Take your time, pick it apart. Knowing what is going on will help them to be more involved in the Mass and have more of a sense of belonging to the Church as the Body of Christ.

Here are a semi-script and breakdown of the Liturgy of the Eucharist to use as a guide if you would like it.

The Mass is broken up into 4 main parts

- Introductory Rites- all are welcomed and Mass begins
- Liturgy of the Word- we read scripture and pray as a community
- Liturgy of the Eucharist- we celebrate and receive Christ present in the Eucharist
- Concluding Rites- we are sent out for mission to go and serve the Lord

The Liturgy of the Eucharist has 3 main parts, (really more than that, but let's keep it simple for now)

The Liturgy of the Word ends with the Universal Prayer, which is when a leader, sometimes the priest or a deacon and sometimes a layperson, reads a request to God and the congregation responds, "Lord, hear our prayer" together. After that is when the Liturgy of the Eucharist starts. This is the part of Mass where we are going to prepare our hearts and minds to focus even more on Jesus.

The first part of the Liturgy of the Eucharist is offertory. At offertory, the bread and wine (sometimes called gifts) and the money collected from the congregation are brought forward and given to the priest. The bread and wine will be used for the celebration of the Eucharist. The priest then takes the bread and wine and sets everything on the altar and gets it ready. It is just like when we set the table at home for supper. As you watch what Father is doing you will see that he is holding up the gifts to thank God for the bread and wine and makes a request from all of us that God accepts them as an offering to Him.

Point of discussion:

While this is happening, this is a good time to ask Jesus for his help for anything that is bothering you. What can you ask Jesus for?

The next part is the Eucharistic Prayer. This is a prayer to give thanks to God and to praise him. First, Father reminds us that we are all participating in the Mass, extending his hands to us and saying,

Father: The Lord be with you.

Us: And with your spirit.

Father: We lift up our hearts.

Us: We lift them up to the Lord.

Father: Let us give thanks to the Lord our God.

Us: It is right and just.

Father will finish this part of the prayer for us and then we can all sing the Holy, holy, holy together.

After the Holy, holy, holy, we kneel down. We kneel because this is a very important time to pay attention since during consecration, the bread and wine are going to become the Body and Blood of Jesus, our Lord.

Father will speak the same words that Jesus did at the Last Supper, the very first Eucharist celebration. Listen closely to the words that are being spoken and hear the story. It is important to remember that Father is not the one changing the bread and wine into Jesus, only God can do that. Father is acting "in persona Christi". That means that at the moment of consecration, that Jesus is the one standing there in front of you. Father is acting in the person of Christ.

After the Eucharistic Prayer, we all say or sing "Amen" together. "Amen" is our way of saying, "Yes- I believe this is true", so we should all be saying or singing our Amen loud and strong.

Then we will all stand up and Father will invite us all to say the Our Father together.

Some points of reflection:

- When we say the Our Father together, what does this prayer make you think about?
- Have you ever thought about what that prayer means?

- Do you like to hold your hands out as Father does, put them together in prayer, or do you prefer to hold someone's hand?

The last part of the Liturgy of the Eucharist is receiving. Parents, grandparents and older siblings can go up for Communion and when the priest, deacon or other extraordinary minister holds up that which was just a little while ago common bread and says "Body of Christ", the person receiving will hold out their hands like a little altar, make a bow before Christ our King, and say "Amen" to say their "Yes, I believe this is the Body of Christ".

Point of discussion:

- When you come forward for Communion, what are you doing with your hands? They are not in your pockets, are they?
- How can we make our hands a little altar for Jesus?
- Do you say, "Amen" in an audible way when you come forward for Communion? (side note: listen to your elders. ALL of them say "Amen" like they mean it. The only time someone does not say "Amen" out loud is when they are in grades 3-8 because they are afraid to talk in church. But please, say it out loud!)

When they return to their seat, they will kneel again to give thanks to God for the gift of himself in the Eucharist. God is already with us in our hearts and he loves us very much, so much that he is not content to be with us only in this way. He wants us to be really together, to be a part of us spiritually and physically, to strengthen us and empower us to be His children.

There is a very good prayer that we say every day here at St. Charles that your child can learn and reflect on as part of their prayer before they receive. It is called the Act of Spiritual Communion. Some of the parts do not apply to them, like the part that says, "Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart." That is okay, just think about how happy you are that that line doesn't apply right now and continue the prayer since you do get to receive Him sacramentally and spiritually. It is simple and will help them to redirect their attention if it might have wandered off for a moment.

Act of Spiritual Communion

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.

Adoration of the Blessed Sacrament

Here are some simple words you can use to explain to your child what is going on during Adoration if you would like them but feel free to teach your own way as well.

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Adoration can happen in many ways. One of the most common is simply going to church for Mass. At Mass, Jesus is present in the Eucharist and held up for everyone to see and held up

for us to receive His blessings on us, his family. We can also spend time in front of the Tabernacle. When we go before the Tabernacle to spend some quiet time with Jesus, He is not visible to us because he is inside, but we are close to Him in a very physical way and this is very good.

Discussion point:

- What is a Tabernacle? Where is it in our church?
- If we go to another church, how can we recognize the Tabernacle?
- When we genuflect in church, we should be facing the Tabernacle since that is the place where Jesus is. How do you genuflect?

Another place that we can experience being in the presence of Christ is in Adoration in an event. We have adoration a couple of times a week at St Charles. This is a time for us to spend some personal time with Jesus, even though there might be a lot of people there.

The first thing you will notice if you are there at the beginning is that there is a big gold stand on the altar with a clear glass circle in the middle. This glass opens up to put something in there. This is called the Monstrance. The word monstrance means to show something. That is the purpose of the monstrance, to draw attention to and show the Body of Christ in the Eucharist.

Father will then come out and go to the Tabernacle and open it and bring the Eucharist out. Then Father will put Jesus in the glass case in the Monstrance and turn it for everyone to see. As Father is doing this we all sing "O Saving Victim" to welcome Jesus.

Father will kneel down in front of the monstrance and bring forward some prayers from the people for us to all pray with him to Jesus. Then we will all have time to pray or simply sit with Jesus and listen for Him to talk to us in his quiet way.

After a time, Father will come forward again and we all sing "Down in Adoration Falling". When the song is over Father will say or sing a prayer and then go up to the monstrance and lift it up for Jesus to bless us. When Father lifts the monstrance, we should make the sign of the cross. Father will turn so everyone can see. As Jesus is shown in your direction, you should once again make the sign of the cross. Father will put the monstrance back on the altar and we will recite the Divine Praises. Then Father will open the monstrance, take the Body of Christ out of the glass case and bring Him back to the Tabernacle.

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This would be a great time to plan a little field trip. Many of our younger kids have never experienced Adoration. This is understandable since they are pretty young and it is hard for them to focus for long on much of anything. Yet, they may surprise you, all kids are different. Exposing your child to Adoration is a wonderful way for them to get used to sitting quietly, focusing on Jesus, and learning to talk to Jesus as they would speak to a friend. Plus you will give them your example in a very real and simple way. Adoration does not have to last for an hour, especially with a young child. 10-15 is a really good start. When you come, come prepared and remind your child about what you are doing, what your expectations for them are, and maybe even a quiet activity for them for a portion of that time. There are many things that we can do during adoration along with resting in His presence, like reading scripture,

journaling, praying a rosary or chaplet. Maybe your child would like to draw or color a picture of Jesus or another picture relating to scripture. Maybe look at an age-appropriate book with Bible stories, pray a rosary (or a decade) together. These little things are like fertilizer on a rose garden, you can grow a rose in half-decent soil, but for the best and most beautiful flowers, they take constant attention and care.

St. Anthony and the Donkey

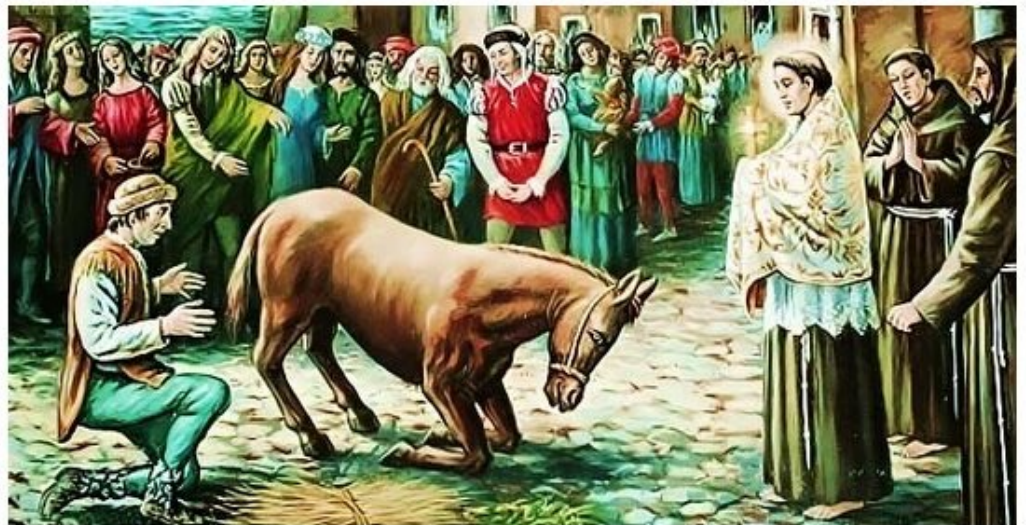
There was a man in Rimini who refused to believe the doctrine of the Real Presence of Jesus in the Eucharist. St Anthony could not convince the man by his words alone. The man made this deal with St. Anthony: That he would believe if his mule would. The unbelieving man would starve his mule for three days. He would then



bring his mule to the town square and Anthony would bring Jesus in the Blessed Sacrament. If the hungry animal would come to Jesus in the monstrance rather than a bucket of food, then the man would accept the Church's teachings and believe that Jesus was truly present in the Blessed Sacrament.

On the third day the man came into the town square with his very hungry mule. St. Anthony approached from the other side of the square with the Sacred Host. Many people, both believers and unbelievers alike watched to see what would happen. A large bucket of oats and a bundle of fragrant hay were placed before the hungry animal. But all this was ignored by the mule. Instead, the mule approached our Saint and fell on her knees before the Blessed Sacrament to adore Jesus. True to his word, the man made a profession of faith in the Real Presence because his mule had believed first.

When you are hungry, what is your favorite food? Mules are bullheaded and stubborn, but even a mule could see that his creator was the most important thing to him. Are you the man or the mule?



Milagro de la Mula que adoró al Santísimo, año 1227

Grades 3-5
Session 16

The Bread of Life Discourse
The True Presence of Christ in the Eucharist

Start with the sign of the cross and the Our Father.

Earlier in the year, we talked about Moses and how God saved the Israelites from slavery by using him. If you remember, when they left Egypt, they went out into the desert. We didn't talk about this in our lessons but there isn't a lot of food available in the desert. Our lessons say that God took care of them, but not really how he helped them get this basic need. While they were in the desert and were in need of food, God sent manna from heaven for their "daily bread" and he sent it every day (actually twice as much on the day before the Sabbath, so they could rest on the next day). It was a lifesaver! Without God providing for them, the people would have starved to death, but He wanted them to see that He would take care of them forever. And God did take care of them, He brought them to the promised land and as long as the Israelites listened to God, they did well. When they decided to ignore God, they did terribly.

Discussion Points

1. How do you know when someone loves you?
2. If someone loves you, do they want to see you happy and healthy?
3. How do you know that the person that takes care of you is telling you the truth when they try to tell you how to be a good person and make good decisions?

God gave the Israelites food and drink the whole time they were journeying to the Promised Land. Not once did God let his people down. But they still did not always listen to God. God knew that He would have to do something bigger in order to save His people.

Read John 6:1-14 together, page 1665 in your child's Bible.

Discussion questions

1. How is this like the story about the manna in the desert?
2. How is it different?
3. If you were lived at the same time as Jesus and his disciples and got to see Jesus the day he fed all those people, what would you think about Jesus?

Next, follow up with the rest of John chapter 6 in your child's Bible. Stop often to ask questions in order to check on comprehension and maybe explain some things. Some key points are

- John 6:27- Who is "the Son of Man"
- John 6:30- They ask for a miracle, but didn't they just see Jesus feed 5,000 men (not counting all the women and children that he also fed)
- John 6:32- a reference to Exodus and the manna in the desert

- John 6:53 - Jesus tells a lot of stories in the gospels and if someone says they don't understand the teachings, Jesus always clarifies what he means so that no one will misunderstand.
- John 6:66- people left because Jesus said something they did not understand. Even the disciples didn't quite understand yet, but they knew Jesus so well that they trusted that the outcome would be better than they imagined.
- John 6:70 - look for this story on Palm Sunday!

We know now something the people in the crowds didn't know yet. At the Last Supper of Jesus, before he would allow himself to be arrested, beaten, and killed for our salvation, Jesus gave us the gift of the Eucharist. We celebrate the Last Supper of Jesus every time we go to Mass. Listen carefully to the words at Mass and you will hear the words Jesus spoke. When Father finishes calling down God's Spirit on the gifts of bread and wine, they are no longer just bread and wine, they are really Jesus! Even though they still look like bread and wine and taste like bread and wine, they are not. So when Jesus says, "Those who eat my flesh and drink my blood live in me, and I live in them," he was telling us the truth, it just looks different than the unbelieving crowd thought it would.

Here is a great video on how the breads are made by the nuns, along with a little catechism
The Making of Communion Bread for Holy Communion (9:13)

OneCatholicFaith

<https://youtu.be/ryL3xLPAPqk>

Closing prayer, Sign of the Cross, Our Father. Close the prayer with a special blessing of the child/children by the parents and then the children blessing parents.

For some additional activities, try one of these-

This one might be a little too cartoony for our 5th graders, but if you have signed up for Formed (sign up is available on our parish website under "explore the faith", then click on "on your own" to sign up. It's free!) maybe your child would like to check out the Brother Francis videos designed especially for kids. There is one on the Eucharist and it is only 28 minutes long.

-and/or-

Baking Communion Wafers at home might be a fun activity. Here is a recipe from the Archdiocese of Los Angeles:

The following recipes fulfill the requirements of the Church for eucharistic bread. These breads are easily broken with very few crumbs. Nine-inch round breads are recommended for Sunday Mass.

Ingredients:

- 2 ½ cups whole wheat flour
- ½ cup unbleached white flour
- 1 ¼ cups warm water.

Mix all the ingredients in a bowl. Knead very well for about 6 to 8 minutes, or until the dough is smooth and pliable.

Roll the dough out into the desired size and shape, to about ¼ inch thick. Prick around the edge to help prevent the formation of air bubbles. No need to score.

Bake on a not-stick-baking sheet in a 350-degree oven for about 16-17 minutes depending on the size of the breads. Two 9-inch rounds can be obtained from this recipe. Cool and wrap in plastic or foil, or put in a baggie. The bread may then be frozen or refrigerated until needed.

-and/or-

Here is a video for your kids if they would like to view it, although might be better for younger kids-

John 6 Bread of Life Kids Bible Lesson Lesson Video (3:12)

Darla Pullin

<https://youtu.be/LZD6U21E6mQ>

Jesus and fish

Many years ago in Spain, a priest rode his donkey to bring Communion to several sick church members. As the priest and donkey crossed a river to reach their destination, the priest and the ciborium, which is a sacred container holding the Hosts, toppled over into the water. The priest barely made it out of the swiftly moving river. The ciborium and Hosts vanished into the water. The priest felt deep sadness that the Consecrated Host, the real Body, Blood, Soul and Divinity of Jesus had disappeared. His job protecting the



Blessed Hosts had been unsuccessful.

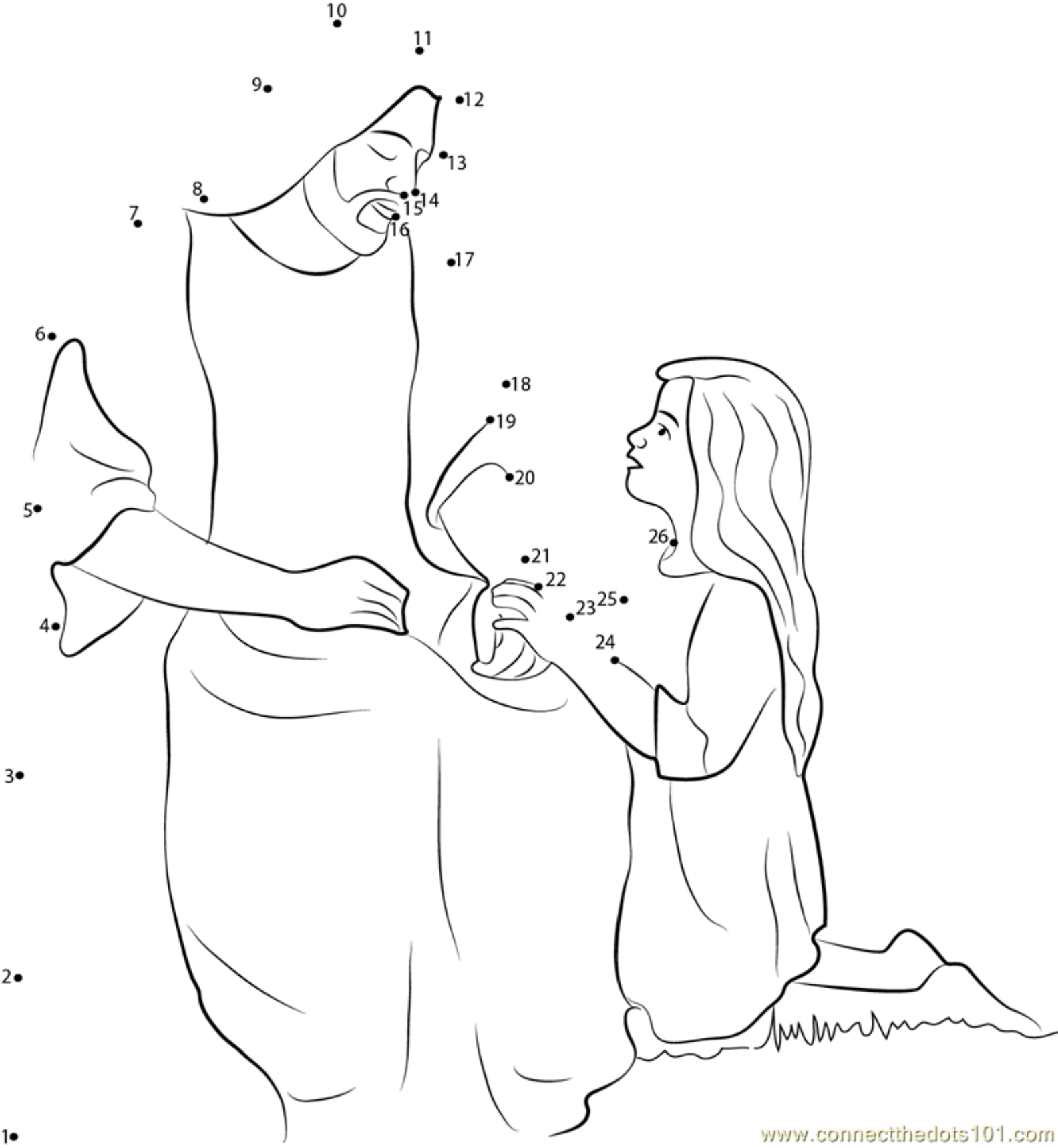
While the priest stood on the edge of the river, he heard fishermen shouting to him. They witnessed with astonishment three fish holding the lost Hosts in their mouths. Hurrying to the church, the priest returned with another ciborium. He approached the three fish that were holding the Blessed Host above the water. As the priest held the ciborium out, he prayed deeply and the fish placed the Host into it one by one and then swam away.

At that point, the priest realized a crowd had gathered and many had observed this incredible miracle. The fish recognized Jesus in the Host and rescued Him from the water. Amazing! If fish, creatures without a soul, know Jesus in the Host, think about how much you, a beloved child of God, should know and appreciate Jesus' Real Presence in the Host. Since Jesus humbly appears as a piece of bread, something so small and normal, we sometimes forget we should feel absolute awe in the presence of Jesus in the Blessed Host, our God who stays with us forever. . . . to be completely thrilled!

When you go to Mass and see Father hold the Host up for everyone to see, do you acknowledge that that little white wafer is really the body, blood, soul, and divinity of Jesus? And that He took this form because He loves you?



Eucharistic Miracle
Alboraya-Almacera, Spain | 348



Session 17
Grades 3-5

Christ in Us

Start with the sign of the cross and the Our Father.

Please read together Luke 22:7-13

Discussion questions:

1. What is the Passover meal? (to remember when God sent Moses to free his people and when God sent the Angel of Death over Egypt, he passed over the houses of the Israelites and they did not die. So the Passover meal was a meal celebrated to remember that God takes care of His people.)
2. What do you think is going to happen?

Then continue with the story titled The Lord's Supper, Luke 22:14-23

1. Where have we heard this before? (every Sunday during the Liturgy of the Eucharist)
2. Remember the last lesson and they talked about someone who was going to betray Jesus? Look for the answer to this question on Palm Sunday!
3. When Jesus said in the last lesson that we had to eat his flesh and drink his blood, what did you think about that?

Sometimes God asks us to do things that don't right away make sense. He could show us the whole story beforehand so we know what is going to happen, but he doesn't. He wants us to trust Him. When we look back at the bible stories we can see that when the people trusted God, they not only got good things, they got better than they could have imagined.

When Jesus said that we would have to eat his flesh and drink his blood, he was telling the truth, but we had to trust him in order to learn that He would give us this special gift of His Body and Blood through humble bread and wine.

Next, continue with The Argument about Greatness, Luke 22:24-30

1. Do you like to be the first in line for things?
2. Would you rather be a servant or a king?

Jesus points out that only a good king is first a servant, putting the needs of his people before his own even. Jesus taught us this through the way that he lived. Jesus didn't wear a crown or have a fancy chariot to ride around in. He went to the people in the villages and farms and taught them and helped them with things. He was a humble servant, and yet he is God and King.

This is our call in the Eucharist. Right now, through the Sacrament of Baptism, we are God's adopted children and we have been given gifts from the Holy Spirit. Christ is with us all in our hearts. When you are old enough to share at the Lord's Table in the Sacrament of the Eucharist, you will also have Jesus, not only in your heart but united with your whole entire body! With this gift of Christ in us, we can go forth even better to make the world a better place, to be a (happy) servant for God's people, to be part of the Body of Christ in the world.

Serving Others/ a Lesson about Service

Douglas Talks

<https://www.youtube.com/watch?v=37zbPRpDqSE>

Close with the sign of the cross and the Our Father with the parents thanking God for being able to serve Him by doing something, and the child/children thanking God for some way that they are able to contribute to God's world.

There is an optional paper man activity attached to this lesson.

Session 17 activity directions

Sometimes it seems like kids are the ones who need help all the time, and it was true when you were a little baby. But now you are older and can do many things. Some things you can do for yourself. Some things you can do to help other people. When we help our brothers and sisters in Christ, we are helping Jesus, too. Jesus is in us so when we are helping and loving other people, we are being like Jesus for them. When we see Jesus in the Eucharist, sometimes we say this is the Body of Christ and this is true. We also call all of us who follow and love Jesus the body of Christ. We call ourselves that because we doing our best to live like Jesus taught us to live, loving each other and helping each other.

On the craft page, write on each piece of the body (maybe not the head) how you can help other people in your home and community. They can be things you already do, or they can be goals. Then you can color and cut your person out. Don't forget to draw your face and a big smile. Glue on your head and use the brads to attach your arms and legs.

Sign your work.

Show him off!

