

First Holy Eucharist - At Home Preparation Journal

Name: _____

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My Story

Can you think of a story where Jesus eats with his friends?

What do you enjoy about eating with other people?



The Sacred Vessels ready for Mass



Jesus Feeds His Friends

Two of Jesus' disciples were going to the village of Emmaus, which was about seven miles from Jerusalem. As they were talking and thinking about what had happened, Jesus came near and started walking along beside them. But they did not know who he was.

Jesus asked them, "What were you talking about as you walked along?"

The two of them stood there looking sad and gloomy. Then the one named Cleopas asked Jesus, "Are you the only person from Jerusalem who didn't know what was happening there these last few days?"

"What do you mean?" Jesus asked.

They answered: "Those things that happened to Jesus from Nazareth. By what he did and said he showed that he was a powerful

prophet, who pleased God and all the people. Then the chief priests and our leaders had him arrested and sentenced to die on a cross. We had hoped that he would be the one to set Israel free!

"But it has already been three days since all this happened. Some women in our group surprised us. They had gone to the tomb early in the morning, but did not find the body of Jesus. They came back, saying that they had seen a vision of angels who told them that he is alive. Some men from our group went to the tomb and found it just as the women had said.

But they didn't see Jesus either." Then Jesus asked the two disciples, "Why can't you understand? How can you be so slow to believe all that the prophets said? Didn't you know that the Messiah would have to suffer before he was given his glory?"

Jesus then explained everything written about himself in the Scriptures, beginning with the Law of Moses and the Books of the Prophets.

When the two of them came near the village where they were going, Jesus seemed to be going farther. They begged him, "Stay with us! It's already late, and the sun is going down." So Jesus went into the house to stay with them.

After Jesus sat down to eat, he took some bread. He blessed it and broke it. Then he gave it to them. At once they knew who he was, but he disappeared.

They said to each other, "When he talked with us along the road and explained the Scriptures to us, didn't it warm our hearts?" So they got right up and returned to Jerusalem.

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Whatcha Think?

Imagine if you were one of the disciples walking. Would you be excited if you saw Jesus?

The story says they knew who Jesus was when the bread was blessed. Do you recognize Jesus when the bread at Mass is blessed and becomes Jesus?

Session One

The Mass

Have you ever been to a fancy dinner? What about a big family meal, like Thanksgiving? Ever notice that we start by catching up? Everyone tells one another what is new, and sometimes we share old family stories. Only after all that is done do we sit down to eat.

The Sacred Liturgy, what we call the Mass is set up a lot like that. We gather, listen to our Church's stories (from the Bible), and then we move into the meal (the Eucharist).

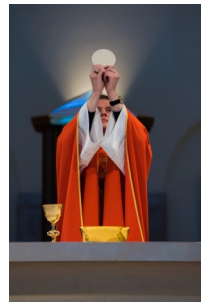
And just like a fancy dinner, the Mass is a celebration. It is a party, and Jesus is the host. That means there's preparation before, and work during (hopefully fun work).

Fun Fact: Did you know Liturgy actually means "work of the people"? It does!

During this time when everyone is home, we have a chance to notice how what we do as a family is a lot like what we do as a Church. Most parishes have

people who help get things ready for Mass. They are called Sacristans. There is obviously Father, who is like the cook, preparing the meal. He has helpers (altar servers and deacons), and even people who bring him the ingredients (gift bearers).

The Mass is a lot like a family dinner, but it is SO MUCH more! When we have dinner, it feeds our bodies, but Mass and the Eucharist feeds our souls!



During Mass the priest offers bread and wine to God. Through the prayers, God changes the bread and wine into the Body and Blood of Christ.

“For on the night he was betrayed, he himself took bread, and, giving you thanks, he said the blessing, broke the bread and gave it to his disciples...”

Do This ...

What's for dinner? Can you help get dinner ready tonight? Even if you can't help cook, maybe you can help set the table or some other chore to help.

Offer to help tonight, and notice how what you do for dinner can hint at what we do at Mass. Compare them here:

For dinner my family. & I..

For Mass the Church...

Reflect

Now that you've helped make dinner, think about how you prepare for Mass. How do you get ready, both your body and your soul?

The priest uses a chalice and paten at Mass. (We use cups and plates at home.)



The Real Presence



When the Body of Christ is adored outside Mass it is placed in a Monstrance seen here.

When we celebrate the Mass we believe that Jesus is fully and truly present. This is not a mere symbolic presence, but a true and actual presence. Jesus is there!

There are four ways Jesus is present in the Mass:

In the Priest—Just as Jesus is high priest and leader of the Church, the priest leads us in the prayer.

In the Assembly—We believe that gathered together, we are

the Body of Christ.

In the Proclaimed Word—We believe that Jesus, the Word of God, is present in the proclaimed readings.

In the Eucharist—We believe that Jesus is present, body, blood, soul, and divinity in the Most Blessed Sacrament.

Fun Fact: When the bread and wine become the Body and Blood, Catholics have a special name for it: transubstantiation. That means bread and wine

completely change into body and blood, even though they still look and taste like what they were.

Once Mass is complete, only the Eucharist retains the complete presence of Jesus. The priest is no longer leading the liturgy, the assembly goes their separate ways, and the readings are no longer heard. But the Eucharist stays! How special that Jesus remains available to us!

Do this ...

When people cannot take part in Communion (like now when we are unable to go to Mass) they can make what is called a Spiritual Communion. It is a longing to receive Communion that Jesus hears and gives us grace.

Ask your parents to see if they can find a Mass online (many of our Diocesan parishes are streaming them on Facebook).

Notice the difference between watching it on the computer and actually being at Mass.

Then pray this prayer:
*My Jesus, I believe that you are present in the Eucharist. I love you above all things, and I desire to receive you into my soul.
 Since I cannot receive you in the Eucharist, come into my heart. I*

love you as if you were already there and unite myself to you. Never let me be separated from you. Amen.

Check with your parents for a craft activity provided in their preparation guide.

**“See what you believe ... become what you see.”
 -St. Augustine**

The Eucharist is adored because the Eucharist is Jesus



Reflect

When is something there that you cannot see?

When is something you see, something else entirely?

Session Three

The Community in Prayer

The Mass is all about the community. Even now when priests are only able to celebrate alone, they hold the community in prayer. In fact, one of the mysteries of our faith is that our community is SO much larger than we can see. Even if you counted every Christian in the world, we believe the Church is bigger than that!

We believe in something called the **Communion of Saints**. This is the idea that because Jesus

gives us eternal life, and since everyone who is baptized is marked forever, even those who have died are still a part of the Church.

That means that when we say the Church gathers at Mass, we also include the saints in heaven! So you see, when the priest is celebrating Mass “alone” right now, he has all of the saints celebrating with him, and he knows of our desire to join them!

One feature of every permanent altar is a relic. This is something from a Saint (a piece of bone or part of their clothing) that reminds us that the Saints are with us.

*Fun Fact: relics are kept in something called a **reliquary** – and– reliquaries in altars are in an **altar cavity** which is under the **altar stone**. Phew—so many new words!*



Some Churches have painted the saints in heaven on their domed ceilings like this one.

*All you Holy
Men and
Women,
Pray for Us!*

Do & Pray

Have you ever asked someone for help? Have you ever prayed for someone? The Saints do both of those for us. We do not pray to the Saints, we ask the Saints to pray with us.

The Litany of Saints is a prayer in our Church where we ask the Saints to pray for us.

Watch the video from your

parent’s guide and pray along with the song, asking the Saints to pray for us.

Fun Fact: “Ora Pro Nobis” is Latin for “Pray for us.”

Once you’ve prayed with the Saints, learn about a couple saints. Are you named after a Saint? Are your parents? What did those Saints do?

You can learn about saints at a number of websites including Wikipedia and catholic.org/saints.

All saints are people like you and me. They lived lives like God wants and they show us how we can do the same. You are called to be a saint too!

Reflect

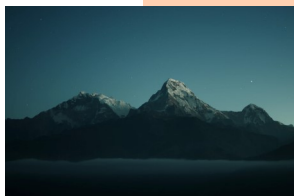
What did one of the saints you read about do to make him/her a Saint?

How can you do something holy in your life?

There are many, many Saints. You are called to be a saint too!



Source and Summit



The summit of a mountain is its highest point.

The Mass is called the **Source and Summit** of our faith. It is the source because it feeds us and shows us how to be better Catholics. It is the summit because it is the highest prayer we can offer.

Christians have been celebrating the Mass since the very beginning of Christianity. It is an important part of our identity and helps us to be better Christians. Do you remember how Mass ends? It ends with the

priest or deacon telling us that the Mass is over and then telling us to “Go!”

Fun Fact: The name of the Mass comes from the Latin end of the Mass: “Ite, missa est” literally “Go, she (as in the Church) has been sent.”

Have you ever had a rough day and just needed the comfort of someone you love? That is part of how the Mass is a summit too. We can talk to Jesus any-

time, but when we pray at Mass it’s bigger. Everyone’s prayers come together when we are at Mass and we are with Jesus. What could be a greater prayer? A higher summit?

The Mass is the greatest prayer we have as Catholics because it strengthens all our other prayers and because it helps us pray better going forward. It’s just another way of saying it is the summit of our prayer and the source of our prayer all at once.

Do this ...

Go for a walk and see what you can find on this list:

- A seed
- Water
- A peaked roof
- A path (or sidewalk)
- Something very light
- Something heavy
- Something that starts with “C”
- Something that reminds you of God.

When you get back think about how these things are like Communion:

Seeds are the “source” of plants. Each plant starts as a seed. They are also how plants continue—a kind of summit.

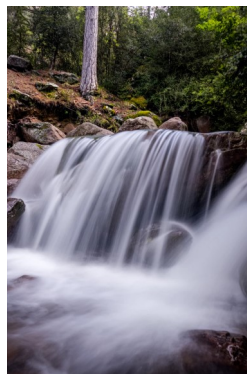
Water flows from a source (cloud, faucet, etc) that is higher than where it goes. The high point is called a summit.

A peaked roof is a summit.

See if you can come up with ideas of how the other things are like the Eucharist too.

“Go in peace, glorifying the Lord by your life.”

Rivers start way up in the hills at what is called their source.



Reflect

What is the highlight of your week?

What gives you strength? (How is that like the Eucharist giving your soul strength?)

FIRST COMMUNION COMMUNITY BREAD



Starter:

- 1 tablespoon Active Dry Yeast
- 2 cups Warm Water (≈ 110°)
- 1 cup Flour
- 1 cup Sugar
- 1 cup Milk

Directions for Starter :

Dissolve yeast in 1/2 cup of the warm water in a deep glass container. Stir in remaining warm water, flour and sugar. Mix until smooth. Seal the bag. Split starter into 3 1-cup portions, each in its own baggie. Give 2 away and keep one.

When you receive your community bread batter follow the directions and you will have batter to share and to make bread. Keep passing it around and share the wealth.

Do not refrigerate! Do not stir with a metal spoon!
Each starter you pass on requires 10 days for fermentation.

- Day 1: Begin or receive starter
- Day 2: Stir with wooden spoon (or mush the bag)
- Day 3: Stir with wooden spoon (or mush the bag)
- Day 4: Stir with wooden spoon (or mush the bag)
- Day 5: Add 1 cup sugar, 1 cup flour, 1 cup milk
- Day 6: Stir with wooden spoon (or mush the bag)
- Day 7: Stir with wooden spoon (or mush the bag)
- Day 8: Do nothing
- Day 9: Do nothing
- Day 10: Add 1 cup sugar, 1 cup flour, 1 cup milk

Split starter into 3 1-cup portions, each in its own baggie. Give 2 away and keep one. Treat each container as Day 1 or the cup of batter needed to make bread.



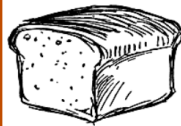
GIVE US THIS DAY,
OUR DAILY BREAD...

Bread:

- | | |
|---------------------------------------|--------------------------|
| 1 cup Vegetable Oil | 1 cup Sugar |
| 2 cups Flour | 3 Eggs |
| 1 small Vanilla Pudding Mix (Instant) | 1 teaspoon Cinnamon |
| 1/2 teaspoon Salt | 1/2 teaspoon Baking Soda |
| 1/4 teaspoon Baking Powder | 1/2 cup Milk |
| Cinnamon Sugar | |
| 1 cup Sugar | |
| 2 tablespoons Cinnamon | |

Directions for the Bread:

You will have about 1 cup of batter after dividing out the 2 gifts and 1 starter for you. To the remaining batter add vegetable oil, sugar, flour, baking powder, baking soda, eggs, milk, vanilla pudding mix, cinnamon, and salt. Beat until well blended. Add one cup raisins, chocolate chips or nuts if desired. Grease 2 loaf pans well & sprinkle with cinnamon sugar, coating the bottom well. Turn batter into pans, and sprinkle remaining cinnamon sugar onto tops of loaves. Bake at 325° F for one hour.



Home-Made Butter

This is a fun project that the whole family may enjoy!

Items Needed:

1. Jar with a screw top (Mason jar or any jar with a screw top lid. If kids will be shaking, you may want to consider a plastic jar)
2. Clean marble (make you they have been washed and dried)
3. Heavy Whipping Cream
4. Salt (optional- pinch)
5. Patience

Instructions:

Fill the jar ½ way with the heavy cream. Add the marble (or 2or 3). The marble (s) act like mixers and make the butter form faster. They also imitate the mixing paddles that were used in old fashioned butter churns. Shake the jar! You may want to take turns! Kids like to check the progress every few minutes so this may take a bit! It generally takes 3-10 minutes to make

butter. As the butter takes form, the marbles will become less noisy/noticeable.

When you see the balls of butter separating, pour off the buttermilk (you can use this for other things like making pancakes and waffles).

If you want to add salt, orange zest, honey or whatever, add it now and shake 2 more minutes to mix in flavor.

Using a spatula, take the butter out of the jar.

