

## First Eucharist Program Information

The book St. Edith uses is called **Eucharist *Do this in memory of me*** from RCL Benzinger and has 7 lessons. Each has a particular theme and ends with a section called “Together as a Family.” The main theme of the chapter will be presented in class each week, and we ask that parents share the “Together as a Family” section at home each week. Your child should bring the book home each week to enable you to do so.

***Please have them bring the book back to class each week.***

- **Chapter 1: We Belong**  
Children learn Baptism makes us sharers in divine life and join us to Christ and the Church community.
- **Chapter 2: We Gather**  
Children learn God Calls our Church family together to worship God. At Mass we give thanks to God, we listen to God’s word, and we break bread as the first Christians did.
- **Chapter 3: We Listen**  
Children learn the Bible is God’s word. God’s word is proclaimed during the Liturgy of the Word.
- **Chapter 4: We Give Thanks**  
Children learn at Mass we worship God as the source of all goodness and blessings. God always loves and cares for us.
- **Chapter 5: We Remember**  
Children learn Jesus instituted the sacrament of the Eucharist at the Last Supper.
- **Chapter 6: We Celebrate**  
Children learn sharing in the Eucharist in Holy Communion strengthens our union with Christ and with the Church community.
- **Chapter 7: We Live**  
Children learn sharing in the Eucharist strengthens us to live as Disciples of Christ and to share in the mission of the Church.

The “Together as a Family” section at the conclusion of each chapter includes four parts:

- *Remembering Together* - allows you to share what your child has learned as well as sharing stories of your own faith.
- *Sharing Together* - provides suggestions for family activities.
- *Praying Together* - offers a simple prayer for your family to pray together.
- *Getting Ready Together* - gives practical suggestions for ways your family can prepare for first Eucharist together.

Additional information can be found at [www.RCLBSacraments.com](http://www.RCLBSacraments.com) by following the “Sacraments” link

# **We Remember Eucharist**

## **We Remember Jesus**

### **▶ Eucharist is a shared meal.**

#### **Key Ideas**

- ◆ God takes the ordinary stuff of our lives – bread and drink and turns them into Christ's loving presence in Eucharist.
- ◆ Eucharist strengthens and nourishes us.

### **▶ Eucharist calls us to love and sacrifice.**

#### **Key Ideas**

- ◆ Eucharist is the real presence of Christ.
- ◆ Eucharist shows us God's love.

### **▶ Eucharist unites us as the Body of Christ.**

#### **Key Ideas**

- ◆ Eucharist unites us as a family in Christ.
- ◆ Christ calls us to continue his mission.

### **▶ Eucharist...**

- ◆ draws us into friendship with Jesus.
- ◆ nourishes our spirit.
- ◆ strengthens us to live faithfully.
- ◆ unites us as a community.
- ◆ commits us to serve the poor and those in need.

# **Remembering Eucharist**

## **Personal Reflection**

- A. Think of an important meal that you shared with friends and family. What do you remember about that meal? What made it special?**

**How is this meal like Eucharist for you?**

- B. Remember back to your First Eucharist day. What do you remember about that day? What were your feelings? What was special for you?**

- C. For me, Eucharist means...**

## **What Your Child Needs to Know Before Receiving**

What does the Church require for our child to receive First Eucharist? The Church asks only what the child is able to give; that is a child's faith and a child's desire.

- Your child should know who Jesus is, some main events in His life, and the story of His death and resurrection. Stress stories of His gentleness, concern for the sick and poor, love of children and His love of His Father.
- Your child should be taken to Mass, and as the liturgy progresses, should be told what is going on and given the opportunity to ask questions. Point out that we give ourselves to God in Eucharist, and he shows His love by giving us His Son, Jesus. If we love Jesus, we also have to be kind to one another.
- Your child should experience prayer as a regular part of family life. Prayer in the family lets a child see the faith of the adults and that Jesus, His Father and the Holy Spirit are real.
- Your child should be able to tell the difference between Eucharist bread and ordinary bread. Plain statements of belief are best, such as: The bread in the Eucharist is really the Body of Christ.
- Your child should desire to receive Jesus in the Eucharist. Seeing parents receive the Eucharist in joy and respect helps a child to want to belong and to be part of this experience and community.