



Parish-Based Sacramental Preparation Program

CONFIRMATION

PARENT SESSION E

The Sacrament of the Eucharist

SESSION OUTLINE

Parish-Based Sacramental Preparation

PARENT SESSION for Confirmation Sacramental Preparation

Session E – The Sacrament of the Eucharist

OPENING PRAYER

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love.

V. Send forth your Spirit, and they shall be created.

R. And You shall renew the face of the earth.

Let us pray: **O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations.**

Through Christ Our Lord. Amen.

OVERVIEW OF CONFIRMATION – SESSIONS FOR PARENTS

- To assist the children in their spiritual growth;
- To encourage faith discussions at home; and
- To encourage adults within the faith community to engage in discussions about their faith.

WELCOME

Tell us what you remember about your First Communion or about your child's First Communion.

CATECHESIS

Outline the 5 key points which will be covered in the DVD:

FIVE KEY POINTS

- The Eucharist is one of the three sacraments that initiate us into the Life of Christ and Church. The other two sacraments are Baptism and Confirmation.
- Jesus gave his disciples the Eucharist for the first time at the Last Supper, just before he died. The Gospel of Matthew reads: "Blessing the bread and wine, he said "Take this, all of you, and eat of it: for this is my body which will be given up for you. Take this, all of you, and drink from it: For this is the chalice of my blood, the blood of the new and everlasting covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in remembrance of me" (Mt. 26:26-28)
- In the Sacrament of the Eucharist, we receive the Body, Blood, Soul and Divinity of Jesus under the appearance of bread and wine.
- In the Mass, God is gives himself to us and we worship God. Through the Eucharist, we are united to the sacrifice of Christ and offer praise in thanksgiving for all of creation.
- To be prepared to receive Holy Communion we must: a) be baptized Catholic who shares in the belief in the Real presence; b) Not eat for one hour prior to receiving communion; c) have confessed any serious sins in the Sacrament of Reconciliation.

Notes for the Catechist:

These are not points to be taught as such, they are resources for the catechist to deepen his own understanding of the truths of faith in order to be able to better communicate them.

1212 The sacraments of Christian initiation - Baptism, Confirmation, and the Eucharist - lay the foundations of every Christian life. "The sharing in the divine nature given to men through the grace of Christ bears a certain likeness to the origin, development, and nourishing of natural life. the faithful are born anew by Baptism, strengthened by the sacrament of Confirmation, and receive in the Eucharist the food of eternal life. By means of these sacraments of Christian initiation, they thus receive in increasing measure the treasures of the divine life and advance toward the perfection of charity."³

1407 The Eucharist is the heart and the summit of the Church's life, for in it Christ associates his Church and all her members with his sacrifice of praise and thanksgiving offered once for all on the cross to his Father; by this sacrifice he pours out the graces of salvation on his Body which is the Church.

1408 The Eucharistic celebration always includes: the proclamation of the Word of God; thanksgiving to God the Father for all his benefits, above all the gift of his Son; the consecration of bread and wine; and participation in the liturgical banquet by receiving the Lord's body and blood. These elements constitute one single act of worship.

1413 By the consecration the transubstantiation of the bread and wine into the Body and Blood of Christ is brought about. Under the consecrated species of bread and wine Christ himself, living and glorious, is present in a true, real, and substantial manner: his Body and his Blood, with his soul and his divinity (cf. Council of Trent: DS 1640; 1651).

1415 Anyone who desires to receive Christ in Eucharistic communion must be in the state of grace. Anyone aware of having sinned mortally must not receive communion without having received absolution in the sacrament of penance.

1419 Having passed from this world to the Father, Christ gives us in the Eucharist the pledge of glory with him. Participation in the Holy Sacrifice identifies us with his Heart, sustains our strength along the pilgrimage of this life, makes us long for eternal life, and unites us even now to the Church in heaven, the Blessed Virgin Mary, and all the saints.

Play SYMBOLON Part 2: Episode 2: The Eucharist Part 1 (Some Versions may have different Episode Numbers – use the Matching Topics)

Review the 5 points from the DVD outlined above. The points are now represented in picture format to reinforce them visually.

- The Eucharist is one of the three sacraments that initiate us into the Life of Christ and Church. The other two sacraments are Baptism and Confirmation.
- Jesus gave his disciples the Eucharist for the first time at the Last Supper, just before he died. The Gospel of Matthew reads: "Blessing the bread and wine, he said "Take this, all of you, and eat of it: for this is my body which will be given up for you. Take this, all of you, and drink from it: For this is the chalice of my blood, the blood of the new and everlasting covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in remembrance of me" (Mt. 26:26-28)
- In the Sacrament of the Eucharist, we receive the Body, Blood, Soul and Divinity of Jesus under the appearance of bread and wine.
- In the Mass, God is gives himself to us and we worship God. Through the Eucharist, we are united to the sacrifice of Christ and offer praise in thanksgiving for all of creation.

- To be prepared to receive Holy Communion we must: a) be baptized Catholic who shares in the belief in the Real presence; b) Not eat for one hour prior to receiving communion; c) have confessed any serious sins in the Sacrament of Reconciliation.

FAITH WITNESS

Share a brief story from your own faith life which reflects one of the five key points.

DISCUSSION QUESTIONS

- How do you see the three sacraments of initiation – Baptism, Eucharist and Confirmation – supporting us in belonging to the Church and helping us to live a Christian life?
- What difference does the belief in real presence make to the celebration of the Eucharist?
- What are some important ways you can prepare to encounter Jesus at mass?
- Do you think it is important to go to church on Sunday? Why or why not?
- What are some ways as a family to mark Sunday as a special day to think of God?

HOME ACTIVITY

HOMEWORK: CHOSEN, student workbook: Hmwk: Lesson 20: What would Jesus do? (The Beatitudes as a Path to True Happiness)

NEXT CLASS: DATE & TIME

HOME ACTIVITY: TODAY IN CLASS: Student Session 8: Lesson 15: Why do I have to go to Mass? (Encountering Jesus in the Eucharist)

CONVERSATION STARTERS

- At time in Church history – and even today in some parts of the world- people have been killed for practicing the Catholic faith. If practicing your Catholic Faith were illegal, would there be enough evidence to convict you of being catholic?
- What are some important ways you can prepare to encounter Jesus at mass?

INVITATION TO PERSONAL PRAYER

Adoration: Think about God who comes to be with us in the Eucharist

Contrition: Ask forgiveness for not honoring God present in the Eucharist every Sunday at church.

Thanksgiving: Thank God for the gift of Himself in the Eucharist.

Supplication: Ask for help to honor God especially on Sundays.

PARENT DISCUSSION

Provide parents with time in groups to review the homework. Ask them to discuss these questions together as they look over the topics for home activity.

- How do you plan to approach the home activities with your child? Are you clear on the home activity which will be reviewed at the child's next session of sacramental preparation?
- Which home activity topics do you anticipate will be easily understood by your child?
- Which home activity topics do you think may pose a challenge for your child? How will you talk about these topics with your child?

EXIT CARD

- In what ways did this session help you in your faith and your role as a parent supporting your child's faith journey?
- For next time, what would you like to see included in the session to address your questions of faith and help you in your child's faith journey preparing to receive the Sacrament of Confirmation?
- Are there other things we need to know to assist you, your child and family?

CLOSING PRAYER

Almighty and eternal God,
who has given us new life through water and the Holy Spirit,
send forth from heaven and shower upon us
the gifts of the Holy Spirit:
wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.
Amen.