



# PARENT SESSION for Confirmation Sacramental Preparation

## The Sacrament of the Eucharist

Session E

# OPENING PRAYER: Come Holy Spirit



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.

# Aims for the Parent Sessions

- 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.

# Six Parent Sessions\*



Session A- Salvation History

Session B- Jesus Christ

Session C - The Sacrament of Confession

Session D - The Sacrament of Confirmation

Session E - The Sacrament of the Eucharist

Session F - The Sacrament of Marriage

\*Matching the topics covered by students in CHOSEN.

# Welcome



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

# 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.
  - 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)

# Five Key Points



- 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 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.

# FILM CLIP ABOUT the Sacrament of the Eucharist



- WATCH
- WATCH SYMBOLON Part 2, Episode 3: Walk Through the Mass Part 1

# REVIEW OF 5 KEY POINTS

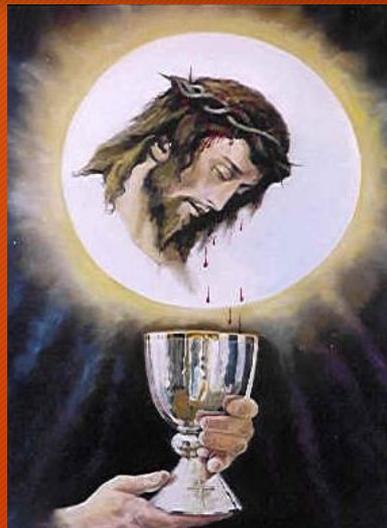
1.



2.



3.



4.



5.



# FAITH WITNESS



# 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

**TODAY IN CLASS: PARISH PROGRAM SESSION: 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

- How do you plan to approach the home activities with your child? Are you clear on the homework 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?

# HOMEWORK

## NEXT CLASS:

Parent Session 6: The Sacrament of Marriage

## HOMEWORK

CHOSEN, student workbook:

Hmwk: Hmwk: Lesson 20: What would Jesus do? (The Beatitudes as a Path to True Happiness)

- Pages 185-194. Omit page 187.
- Letter to the Bishop
- Mass Journal 2 & Service Project

# 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.