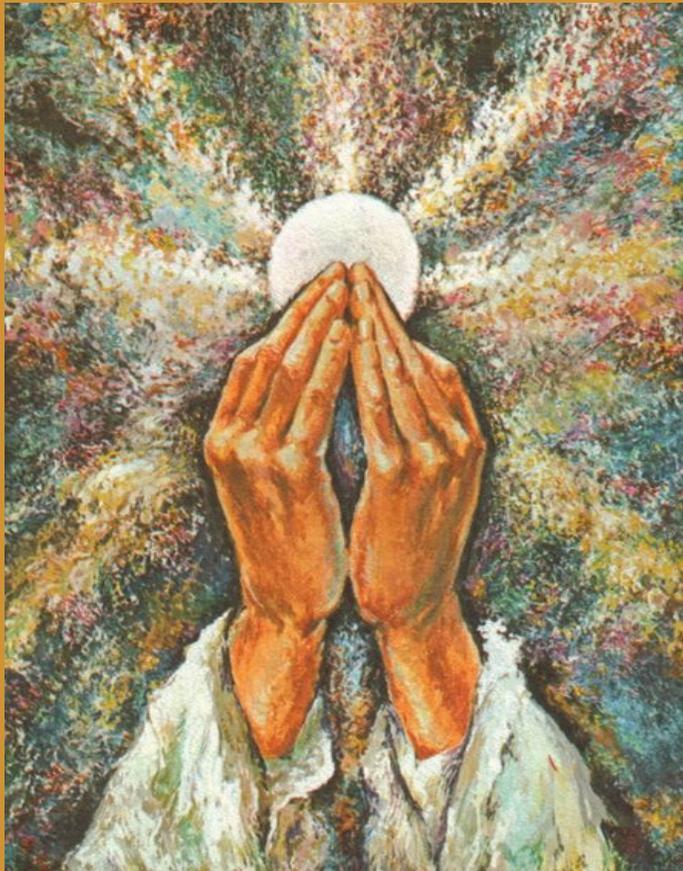




THE CATHOLIC DIOCESE OF  
ARUNDEL & BRIGHTON  
EDUCATION SERVICE

# Eucharist Home Learning Years 4,5 & 6 - Week 3

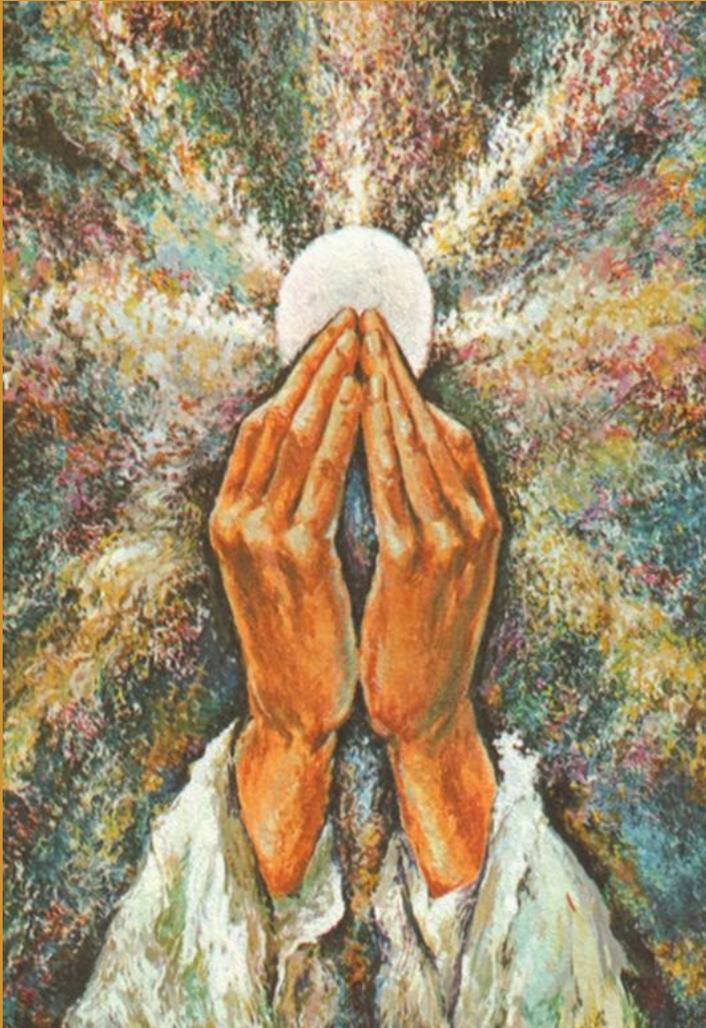
# Topic Notes for Parents/ Carers



## Eucharist Week 3:-

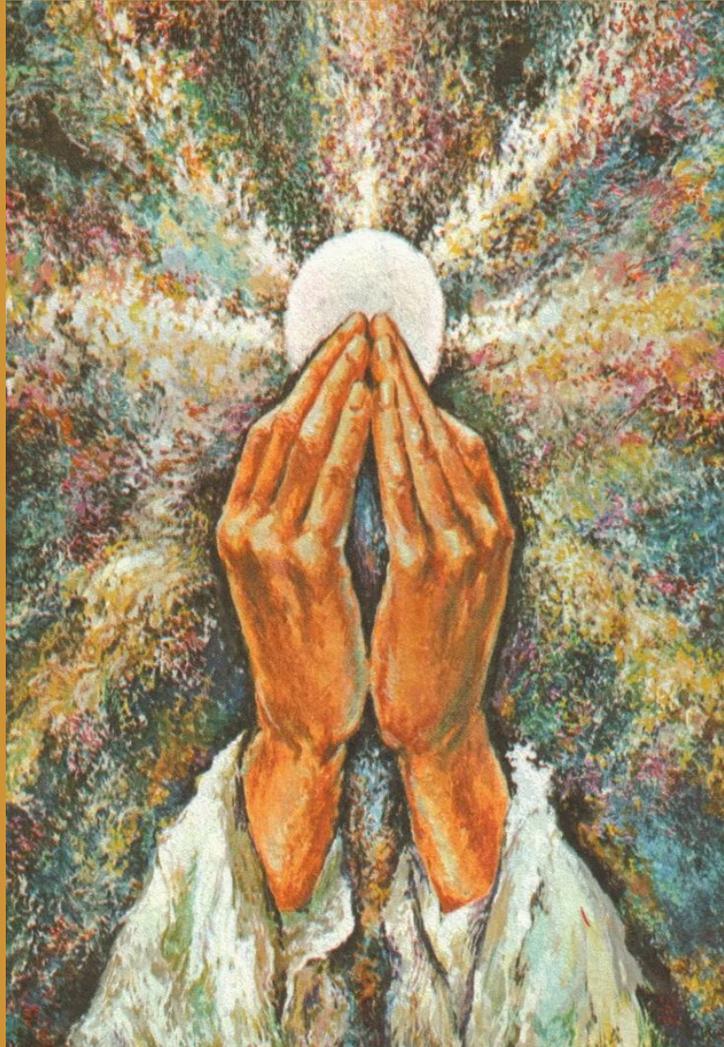
- In this topic we are learning about the Mass.
- This week we are learning what the Eucharist is.
- Start by talking about our 'Let's Talk' ideas and then choose one of the 'Let's Do' activities suggested. You can always adapt and change these ideas to suit the things you may have around you at home. (*Task 2 is a little more challenging – but have a go!*)
- End by sharing a moment of reflection together to think about what we have learned and then share a prayer together.

# Key Vocabulary



- **Mass** – the name of the special service that Catholics celebrate together, usually in church, to remember and relive the sacrifice of Jesus.
- **Sacrifice** – this is when we willingly give up something of ours for someone else e.g. our time or our money.
- **Eucharist** – the name of the bread and wine after it is transformed by the Holy Spirit into Jesus' Body and Blood that Catholics receive during the Mass.
- **Unity** – a state of being joined either physically or joined spiritually by prayer, love or shared thoughts.
- **Communion** – to be in communion with each other means to be joined in a special, spiritual way – when you share your beliefs and your prayers and want the same things for the world.
- **Holy Communion** – this is another name for the receiving of the Eucharist in Mass.
- **Last Supper** – This was the meal that Jesus celebrated with his Apostles before he died.
- **Passover** – this was the special meal that Jewish people celebrated to help them to remember the time that God helped them to escape from slavery.

# Let's Talk !



## Talk About:-

- **We don't always fully understand everything that we know is true – this can be described as a Mystery. For example, we may not be able to see or hear or touch love, but we know it is still real.**
- During the part of the Mass called the **Eucharistic prayer**, the priest holds up the bread and wine and says the words:

*“Take this, all of you, and eat of it: for this is my body which will be given up for you.”*

and when he holds the chalice of wine he says:

*“Take this, all of you, and drink from it: for this is the chalice of my blood, the blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in memory of me.”*

- **Catholics believe that at this point in the Mass, through the power of the Holy Spirit the bread becomes truly the body of Christ and the wine the blood of Christ. It is a Mystery of Faith – which means that Catholics don't fully understand how it happens, but they Believe it to be true. This is called the Eucharist.**

# Let's Do!



## Do:

Sometimes we can use art or poetry or songs to help us to understand what we cannot fully explain.

Look at the Paintings below. Think about how they show the understanding of Jesus' real presence in the Eucharist through pictures of what we can see and what is happening that we can't see.

- 1). Design your own picture to show what Catholics believe is happening to the Bread and Wine during the Eucharistic prayer.
- 2). Write or voice-record an **explanation** of what is happening in your picture for someone, to help them to understand what Catholics believe about the Eucharist – what are the **reasons** for this belief? What are the **challenges** to this belief?

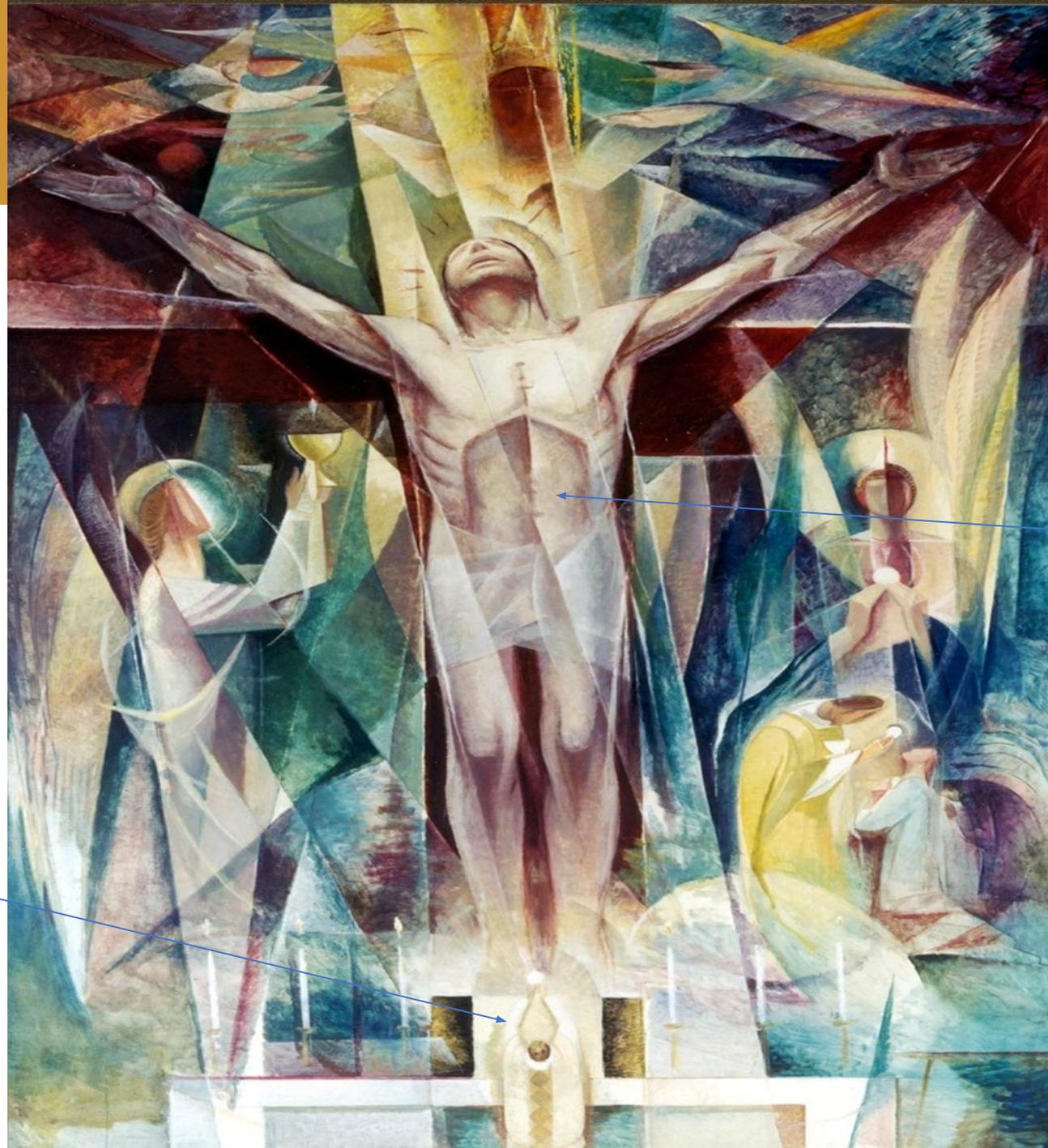
**What we can see:-**  
The Priest Elevates the Bread and Says the words of the Eucharistic Prayer



**What we cannot see:-**  
The Bread is transformed into Jesus' Body and the Wine is transformed into His blood by the Holy Spirit.

*Image:- Radiant Light.*

**What we can see:-**  
The Priest Elevates the Bread and Says the words of the Eucharistic Prayer



**What we cannot see:-**

The Bread is transformed into Jesus' Body and the Wine is transformed into His blood by the Holy Spirit.

**What we can see:-**  
The Priest  
Elevates the  
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the words of the  
Eucharistic Prayer



**What we cannot see:-**

The Bread is transformed into Jesus' Body and the Wine is transformed into His blood by the Holy Spirit.

# Let's Reflect!



- Think about what we **actually** see and hear in the Mass during the Eucharistic Prayer.
- Now think about what is happening that we **can't actually see** during the Eucharistic prayer.
- How does this change how we should feel and act during this prayer – knowing that at this moment Jesus himself is truly present.

# Let us Pray



After we receive the Eucharist, we should spend time in special prayer to reflect upon receiving Jesus. Here is an example of a prayer you could say:-

**Dear Jesus,  
Thank you for my Holy Communion.  
Through the Mass, You come to us as You came on the first Christmas.  
In the Mass you repeat the wonderful Sacrifice of Calvary. During Mass you give Yourself to me in Holy Communion. Make me thoughtful and prayerful at Mass. Come and remain with me all the days of my life.  
Amen.**



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