

# 1

## Everyone arrives for Mass

### We Gather as God's Family

We are united.  
We belong here.  
All are welcome.  
We come to thank  
God.  
We share Jesus'  
Body in the  
Eucharist.



### We Gather Together

- Baptism begins our journey of Growing up Catholic
- Reconciliation heals us through forgiving our sins
- Confirmation will make us stronger in our faith
- Eucharist makes us a full member of the Church
- The Sacraments unite us and give us grace

### We are the People of God!



## **Prayer Celebration: Growing up Catholic means we Gather with God's People**

### **A Prayer to be Sorry for our Sins**

**Everyone begins by making the Sign of the Cross**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Leader:** Jesus, we know we have sinned and hurt you.

**All:** We are sorry for our sins.

**Leader:** Thank you for loving us without end.

**All:** We are sorry for our sins.

**Leader:** Thank you for inviting us to Holy Communion.

**All:** We are sorry for our sins.

Please listen to the Reader now.

**Reader:** A reading from the Gospel of Luke (6:27-31)

**(At the end of the reading:)** The Gospel of the Lord

**All:** Praise to you, Lord Jesus Christ!

Please listen to the leader.

**When the time comes, please bring up your slip of paper with your promise to Jesus written on it. Place it here on this table.**

Let us pray together

**(please pause after each line)**

Oh Jesus,

we know that you love us very much.

You want us to love each other

as much as you love us.

Please make us strong

and help us follow you.

We pray through Christ our Lord. Amen.

# What Happens at Mass?

When we Catholics come to Mass, we are Church.  
What do we do at Mass?

Fill in the missing words in the story below.  
Tell what the words in **BOLD** mean.

On Saturday night or Sunday morning, we all dress up and we go to  
our parish



\_\_\_\_\_

-----

\_\_\_\_\_

We arrive and we **genuflect** or **bow** by our pew and we all sit  
together. Someone lights the



There are usually two  
but sometimes more.

\_\_\_\_\_

-----

\_\_\_\_\_

When everyone is ready, the Mass starts with a **song**. Then the priest

**greet**s everyone and we hear someone

\_\_\_\_\_

-----

\_\_\_\_\_

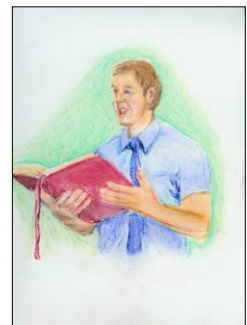
from the:



\_\_\_\_\_

-----

\_\_\_\_\_



Then the **priest** or **deacon** talks to us about the meaning of the

Readings. While the priest or deacon is talking

everyone

\_\_\_\_\_
-----
\_\_\_\_\_



We offer gifts of

\_\_\_\_\_
-----
\_\_\_\_\_



The priest then

\_\_\_\_\_
-----
\_\_\_\_\_

over the gifts and we begin



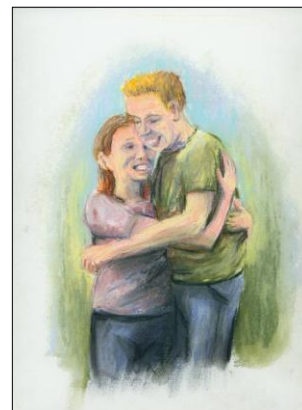
the most important action during the Mass. We all

kneel or stand in **reverence** and pray with the priest. We all answer

the prayers. We say the **Our Father**. Then we give each other a kiss

of

\_\_\_\_\_
-----
\_\_\_\_\_



Then everyone who is **prepared**,  
receives



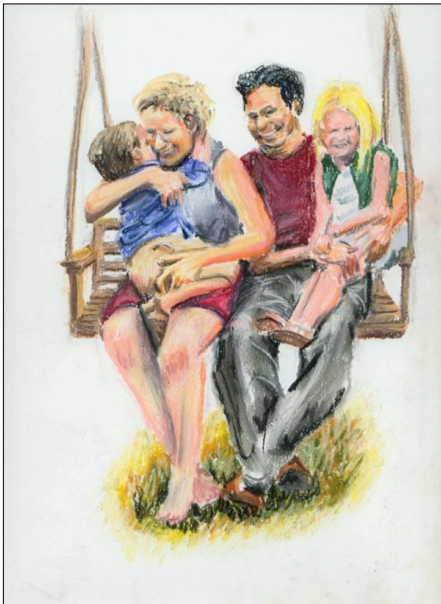
H O L Y

---

---

---

After Communion, the priest or deacon says a prayer and then he  
**sends us back** to where we live. Because we all shared in the Mass,



we try to have more

---

---

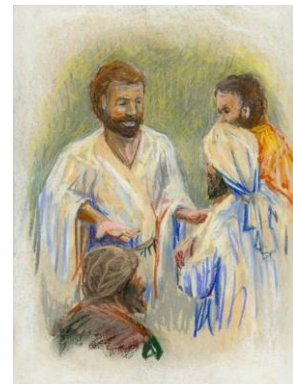
---

We take care of each other and we also  
take care of everyone who needs us  
because we **share in the life of**

---

---

---





## Meeting Jesus in the Bible

As we prepare to receive Holy Communion, we want to know Jesus as a close friend and love him dearly.

### Jesus Feeds Everyone

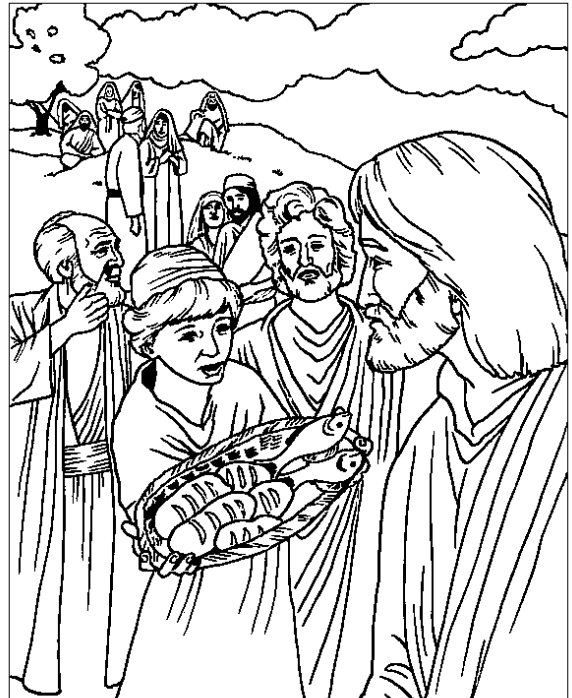
One day Jesus was with his friends,  
and he was teaching them.  
A very large crowd came to hear Jesus.

After a while, Jesus' friends told Jesus,  
"This is a big crowd  
and everyone is hungry.  
We should send them all away  
so they can get supper for themselves."  
But Jesus told them no.  
"You feed them," he said.

Jesus asked them,  
"How much food do you have?"

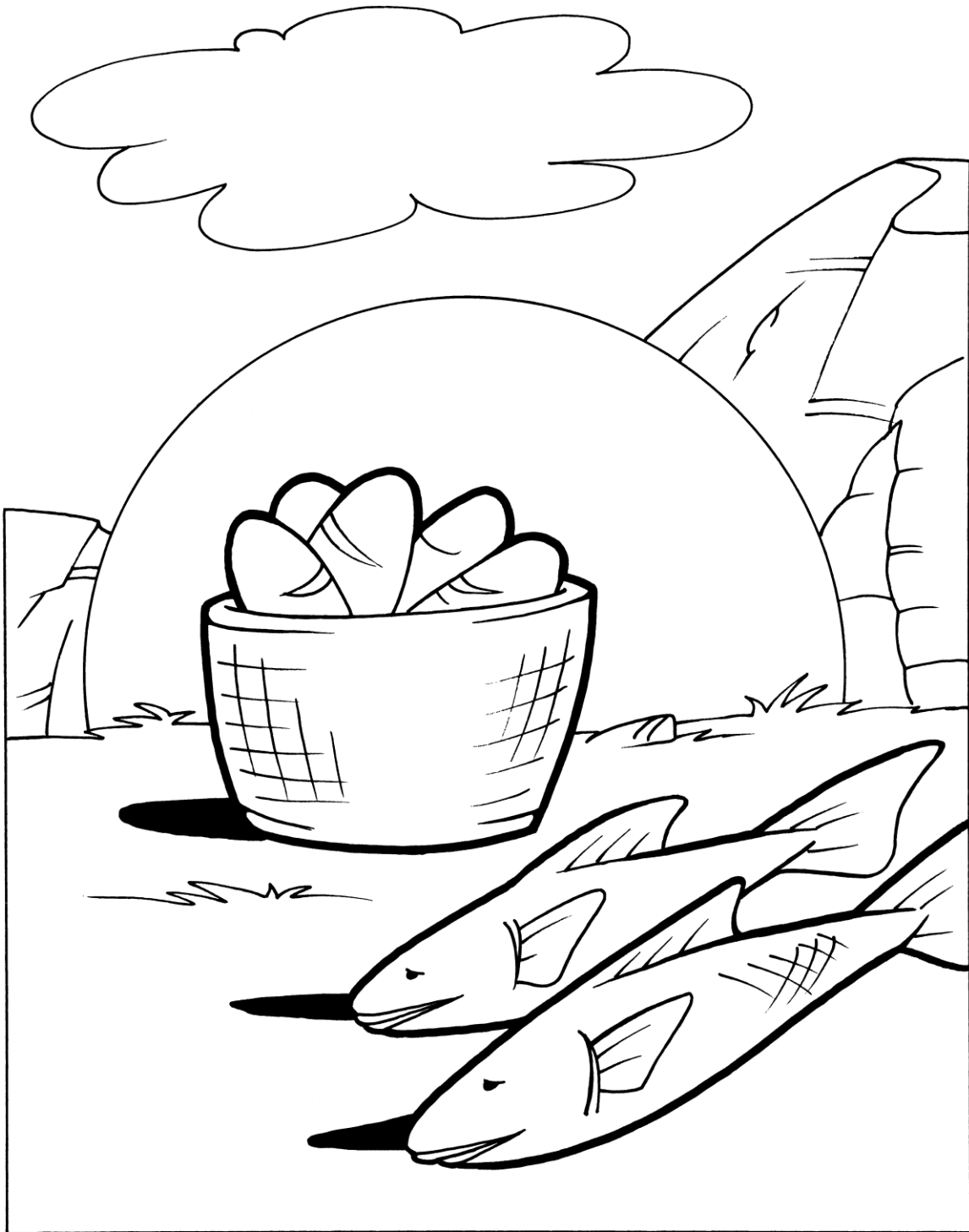
They checked and told him,  
"We have five loaves of bread,  
and two fish."

Then he told them to have  
everyone sit down.  
Jesus blessed the bread and fish  
and told his friends  
to feed everyone.  
They did and there was enough  
for all!  
They even had leftovers!



*(Based on Mark 6:30-44)*

# Color This Picture



# The Sacrament of The Eucharist

## Holy Communion

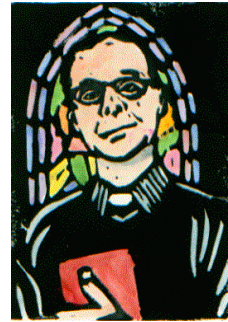
### Reviewing The Mass

What are the things and who are the people who make up the Mass?  
Tell what these are. Write the correct word on the line next to each picture.

---

---

---



---

---

---

---

---

---



---

---

---



## At home this week

Work on this together at home as a way of continuing the process of preparing for the Sacrament of the Eucharist

You can continue to help your child at home to grow up Catholic and prepare for Holy Communion – by creating a loving household where meals are shared and you savor life. This week, build each of these things into your schedule. Use this graph to set times and make plans.

All the resources to support this household activity are found at [www.GrowingUpCatholic.com](http://www.GrowingUpCatholic.com).

Your Household Activity	When and where
Have supper on as many nights as possible. Sit at the table and turn the TV off.	
Pray before all meals using the traditional Catholic meal prayer – but add one line each time to be thankful for other gifts.	
Before bedtime, say night time prayers together; then bless your child, saying “Good night. God bless you. We love you.”	
Prepare for Sunday Mass and attend together as a household.	
Spend time this week reviewing the formation in this session of Growing Up Catholic. Make sure your child understands this session before moving on.	