

BECOMING CATHOLIC

EUCCHARIST

A practical guide for families



KATHY HORAN

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Eucharist

A PRACTICAL GUIDE FOR FAMILIES

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SAMPLE

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About the Authors



Kathy Horan has worked extensively in a range of leadership roles within Catholic Education in South Australia. These roles include RE coordinator in parish schools, Deputy Principal and RE consultant in the Adelaide Archdiocese and Diocese of Port Pirie. Kathy holds Master Degrees in Theology and Educational Leadership. A focus of her work is family-based catechesis, particularly in the role of sacramental preparation.

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Tess Harford is an experienced educator who has worked in Catholic Education SA for 35 years. Tess's roles include classroom teacher, RE Coordinator and various senior leadership positions. She

brings a wealth of practical catechetical experience and an enthusiasm for developing children's spiritual faith through engaging activities and journalling prompts in this series.



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Introduction

This book will support you in the religious formation of your children, particularly as they prepare to receive their First Communion, during the celebration of the Eucharist.

Family is where we belong and feel at home. The Church has described the family as the 'domestic Church'. For the Catholic family, it is our faith in God and our relationship with this loving God that provide us with a guide for living in peace, harmony and mutual respect.

YOUR INVOLVEMENT AS PARENTS

For some of you, involvement in preparing your child to celebrate the sacraments may seem a daunting task, and yet you are the ones who love your children into life, who teach them right from wrong, who show them ways of being thankful and making peace within the family.

How to use this book

This book is designed for parents and children to work together and enjoy the connection as you travel together on your faith journey towards celebrating the Sacrament of Eucharist.

Each section links to the three parts of a sacramental journey.

Each main theme explains why we celebrate the Sacrament of the Eucharist today, with the main emphasis on **values, experiences and connection**.

Journalling and **activity pages** have been added for you to work together with your child so that you will have a deeper understanding of the faith journey. These pages can be fun as well as insightful.



VALUES

The Christian story is the 'bigger family story'. In each theme, there is a message from the Scriptures. The story of Jesus and the values from his message are our shared family story in the Catholic community.



EXPERIENCE

This provides some ways of thinking about the theme and sharing some reflections and family memories or stories about daily family experiences with your children. It may also be a way for families to do things together to strengthen family life.



CONNECTION

Make it a ritual to spend a few moments together reflecting on the day. It may take the form of having each family member naming something good about the day. Gratitude is always a winner!

This will help your child to understand the importance of prayer and of developing a personal relationship with Jesus.



ACTIVITIES

Suggestions are provided as family activities to make connections between what we do and what we have learned together about the theme. This is an excellent way to remain connected to your child's journey.



JOURNALLING

This section is an opportunity for children to be imaginative and to write or draw freely about what they are thinking about and feeling. It gives parents a chance to understand what their children might be experiencing and allow room for discussion.



Section 1:

Preparing



Section 1: Preparing



START HERE

Remember when your child saw other people for the first time after only being familiar with Mum and Dad? As a parent, you took on the role of preparing your child to socialise, teaching them how to navigate the wider community with all its rules and rituals.

The sacramental journey is very similar. It begins with Baptism where your child is presented to the Church community for the first time.



Topic 1: We Belong



VALUES – JESUS WAS TAKEN TO THE TEMPLE

When Jesus was eight days old, his parents took him to the temple to present him to God. When they did this, they introduced Jesus to their religious community. Joseph and Mary taught Jesus to pray and took him to the temple to listen to the Scriptures and take part in religious celebrations.

‘... when the time came, they brought him to Jerusalem to present him to the Lord.’
(Luke 2:22)



As parents, recall why it was important for you to have your child baptised. Remind your child, too. Discuss the idea of belonging – belonging to a family, to a Church family, to a wider community with all the benefits and responsibilities.



PARENT ACTION:

Help your child with each activity sheet. Discuss whatever comes up during this time, especially on the theme of belonging.

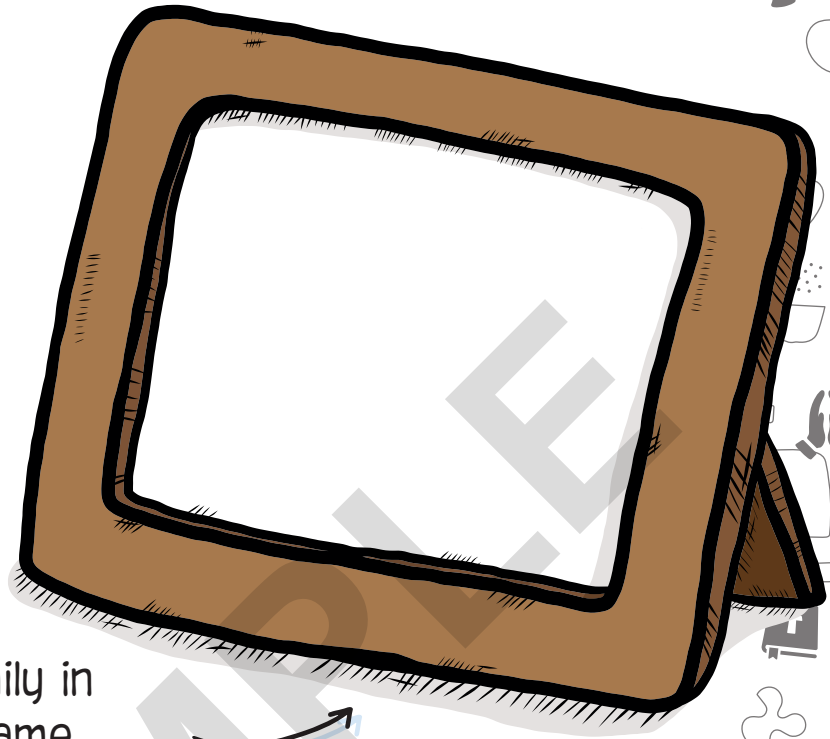
This is the ideal time to share feelings and learn communication styles. Help your child to express how they feel about family in the journalling page.





Activity 1: Family

God has given us a family who loves and cares for us. They watch over us and are there to help if we need them. Belonging to a family means sharing special times together, like meals, birthdays or Christmas.



Draw your family in the picture frame.

List three times your family has gathered and celebrated together. It could be a birthday or your first day of school. Can you think of times?

1. _____
2. _____
3. _____



Thank God for your family.