


Eucharist Family Kit



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What's Included:

Make the most out of Mass with the
3 Things to Help Families Worship Well Tip Sheet

Learn together with the
5 Tips for Teaching the Mass eBook

Print and follow along with
My Mass Book

Find everything in your parish church from the
My Parish Church Activity

Understand the parts of the Mass with the printable
Mass Mobile Activity



Three Things to Help Your Family Worship Well

Avoid the pitfalls of missing out on Mass because you're distracted during the celebration. Below are three tips from "Deacon Doctor" Matthew Halbach, dad of six kids aged 7 months to 11 years. He and his wife have learned from experience and necessity and share their wisdom with these three helpful takeaways for Catholic parents of any number of children.

Turn this tip sheet into a worksheet by reflecting on your experience next Sunday. Reflect as parents, or get the kids involved and respond to the prompts below each tip to keep the worshipping well momentum going.



This tip sounds counterintuitive since noisy families want to avoid attention, but sitting up front can be very helpful, particularly if you have young children. Kids tend to pay better attention when they can see and hear what's going on. Sitting near the sanctuary will give them a front row seat and may even inspire their best behavior.

Try it on Sunday!

How did it go? Record your experience, notes, and any thoughts about putting this tip into action here. What worked well? What can you improve upon next week?



There is nothing heroic about staying in your pew when your child is throwing a tantrum. Though it may seem embarrassing to you, take your child to a cry room for a break. If your church does not have a cry room, go to the gathering space or another room. Also, because cry rooms are designed with parents and their babies in mind, they tend to have comfier chairs. Adults without children should keep this in mind before choosing to sit in the cry room.

Try it on Sunday!

How did it go? What worked well? What can you improve upon next week?



When your kids show signs of greater engagement in the Mass, reward them. Go out for breakfast afterwards, or get some donuts. Yum! Or take them to the park or somewhere fun as a way to show your gratitude for their efforts.

Try it on Sunday!

How did it go? What worked well? What can you improve upon next week?

5 Tips for Teaching the Mass



1. *Be the example.*

The best way to help students appreciate the beauty of the liturgy is to model how important it is in your life. If you're a parent, take your kids with you. If you're a catechist, talk about your positive experiences in Mass. The best way for students to understand the impact of the Mass is to see it lived out authentically.

2. *Emphasize the miracle.*

The Catholic doctrine of transubstantiation reminds us that at every liturgy, a miracle occurs. Sometimes we fail to understand the beauty of what happens before our very eyes. We need to be enthusiastic in explaining to our kids that they have the opportunity to witness a miracle every single Sunday at Mass. Who would want to miss that?!



3. *Pull back the curtain.*

If young people don't understand what's going on at Mass, they won't develop a real appreciation for the Mass. In order to help kids develop a solid understanding and deep affinity for the Mass, we need to explain to them what is going on. Break down the parts of the Mass into terms they'll understand. Explain why we do everything we do. Make sure they understand that every part of the liturgy has a purpose.



4. *Don't be afraid to talk.*

Sometimes, Mass may seem like a mystery. The best way to help kids understand the Mass is to take them to Mass! If possible, encourage them to ask you questions throughout if they want to know what is going on. Quietly answer their questions as they arise, so that kids will be able to put an action to their answer concretely, rather than just relating knowledge to abstract concepts. Or schedule a "teaching Mass" in which the priest goes through the entire Mass for the young people (except for the words of consecration), adding explanation and answering questions throughout.



5. *Create a kid-friendly environment.*

The opportunity to influence the environment at the parish level most often lies with parish catechetical leaders, youth ministers, and clergy, but every parishioner can help. Encourage the parish to be as welcoming as possible to young children and families. We as members of the faithful can help to create a welcoming atmosphere by receiving young children and families with a warm spirit, by showing compassion to mothers with fussy children or parents with kids who have questions about what is happening.



My Mass Book

Sadlier Religion

Fold on this line.

Cut on this line.

The priest blesses us. The priest or deacon may say, “Go in peace.” We say,

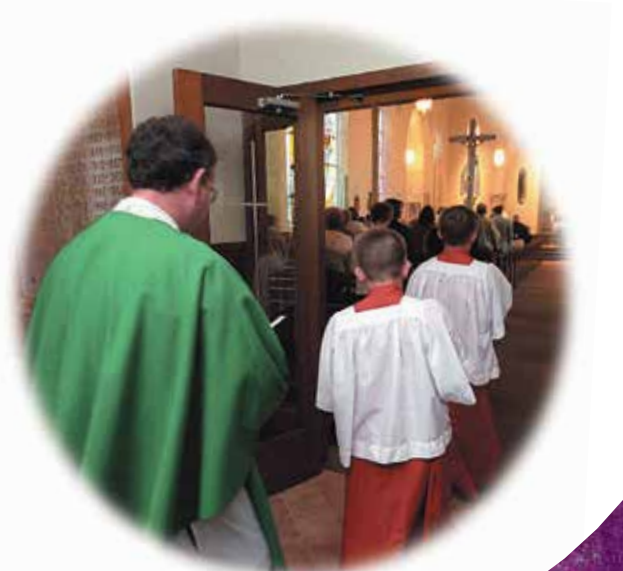
“Thanks be to God.”

We go out to live as Jesus’ followers.



We welcome one another. We stand and sing. We pray the Sign of the Cross. The priest says, “The Lord be with you.” We answer,

“And with your spirit.”



We gather with our parish.
We remember and celebrate
what Jesus said and did at
the Last Supper.



Fold on this line.

2



Cut on this line.



15

We ask God and one another
for forgiveness. We praise
God as we sing,

**“Glory to God in the highest,
and on earth peace to
people of good will.”**



4

Then the priest invites us to
share in the Eucharist. As
people receive the Body and
Blood of Christ, they answer,
“Amen.”

While this is happening,
we sing a song of thanks.



13

We get ready to receive Jesus. Together we pray or sing the Our Father. Then we share a sign of peace. We say, **“Peace be with you.”**



Fold on this line.

We listen to two readings from the Bible. After each one, the reader says, “The word of the Lord.” We answer, **“Thanks be to God.”**



12



Cut on this line.

5

Then the priest takes the cup of wine. He says, **“TAKE THIS, ALL OF YOU, AND DRINK FROM IT, FOR THIS IS THE CHALICE OF MY BLOOD. . . .”**



10

We stand to say aloud what we believe as Catholics. Then we pray for the Church and all people. After each prayer we say,

“Lord, hear our prayer.”

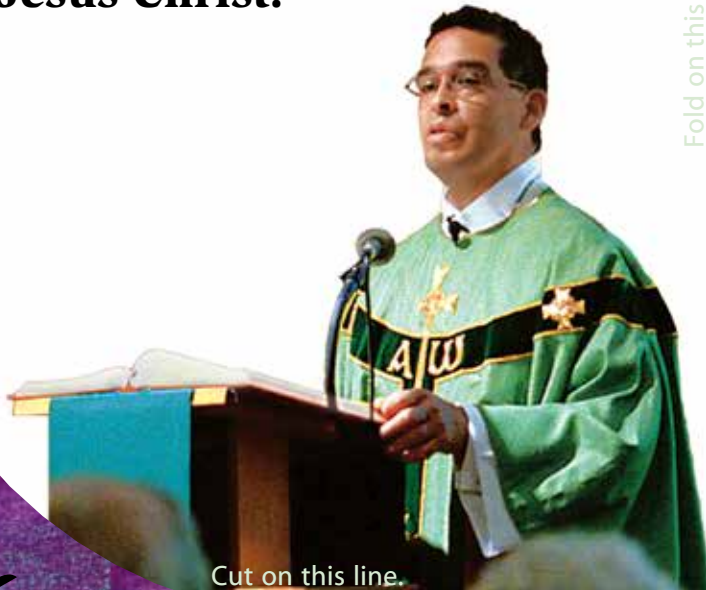


7

We stand and sing **Alleluia.**

The priest or deacon reads the Gospel. Then he says, "The Gospel of the Lord."
We answer,

"Praise to you, Lord Jesus Christ."



Fold on this line.

We sing or pray,

"Amen."

We believe Jesus Christ is really present in the Eucharist.



6

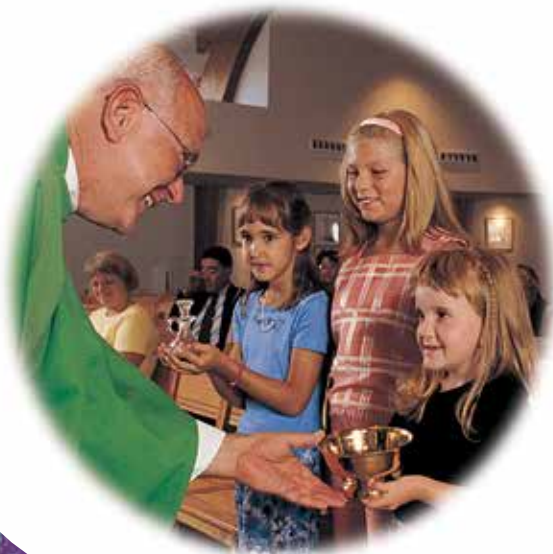


Cut on this line.

11

The priest prepares the altar. People bring gifts of bread and wine to the priest. The priest prepares these gifts.
We pray,

"Blessed be God for ever."

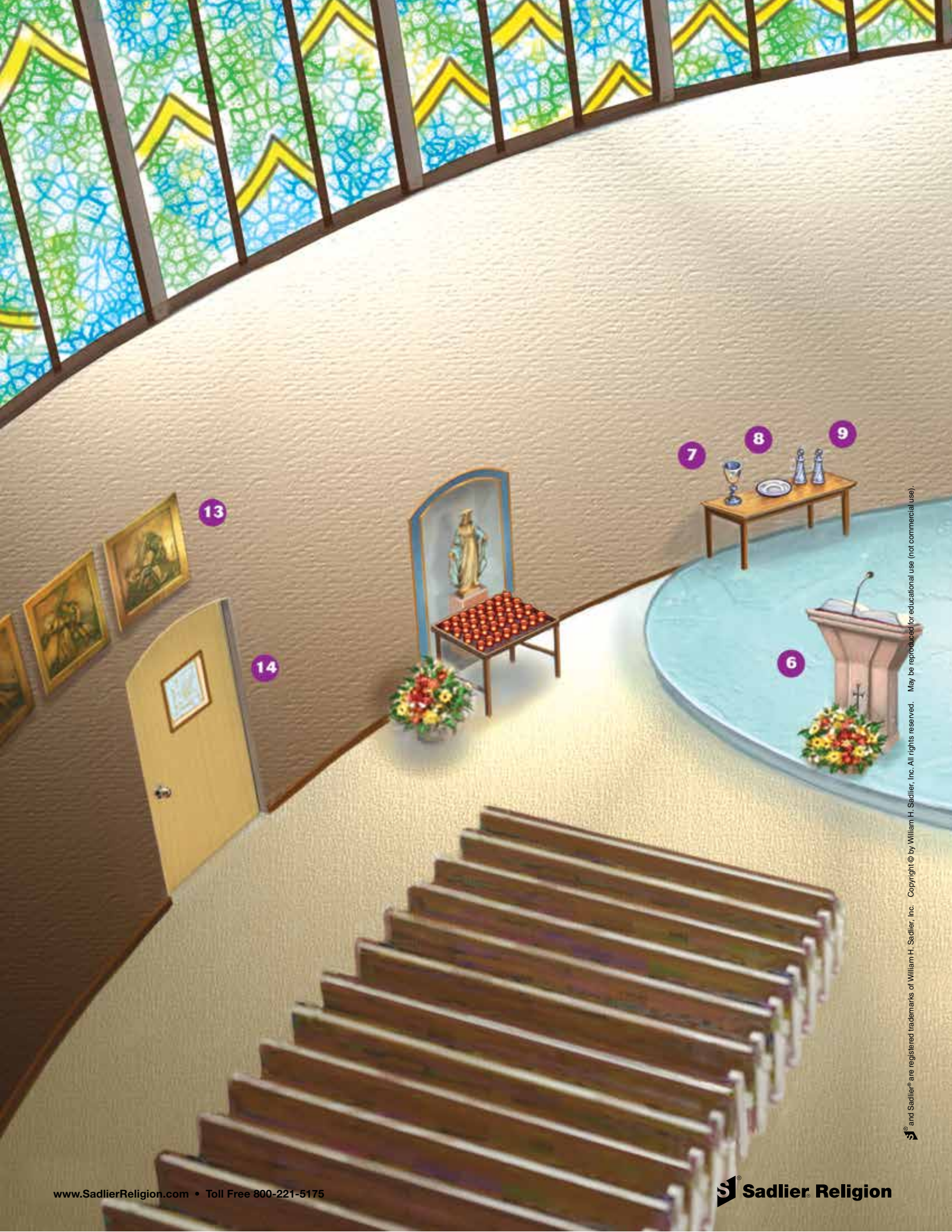


8

Then we remember what Jesus said and did at the Last Supper. The priest takes the bread. He says, "TAKE THIS, ALL OF YOU, AND EAT OF IT, FOR THIS IS MY BODY, WHICH WILL BE GIVEN UP FOR YOU."



9



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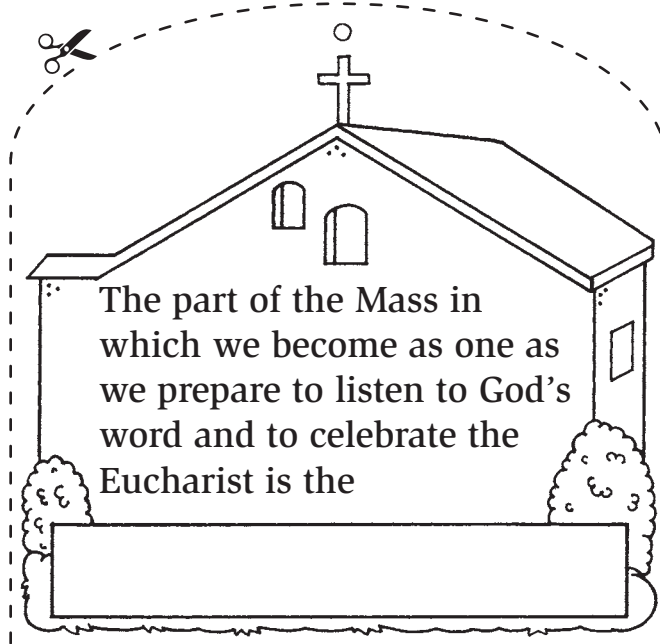


Find these things in your parish church:

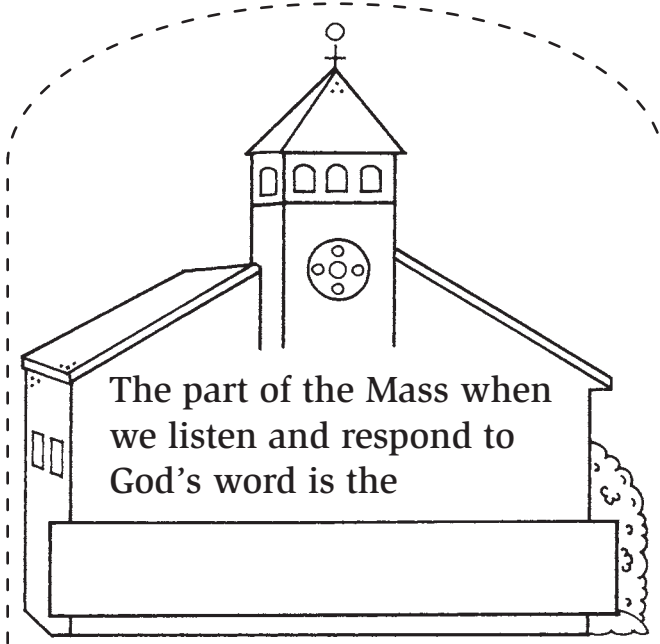
- | | |
|-------------------|--------------------------------------------|
| 1. sanctuary | 8. paten |
| 2. altar | 9. cruets |
| 3. crucifix | 10. presider's chair |
| 4. tabernacle | 11. processional cross |
| 5. sanctuary lamp | 12. baptismal font or pool |
| 6. ambo (pulpit) | 13. Stations of the Cross |
| 7. chalice | 14. Reconciliation room
or confessional |

Make a Mass Mobile

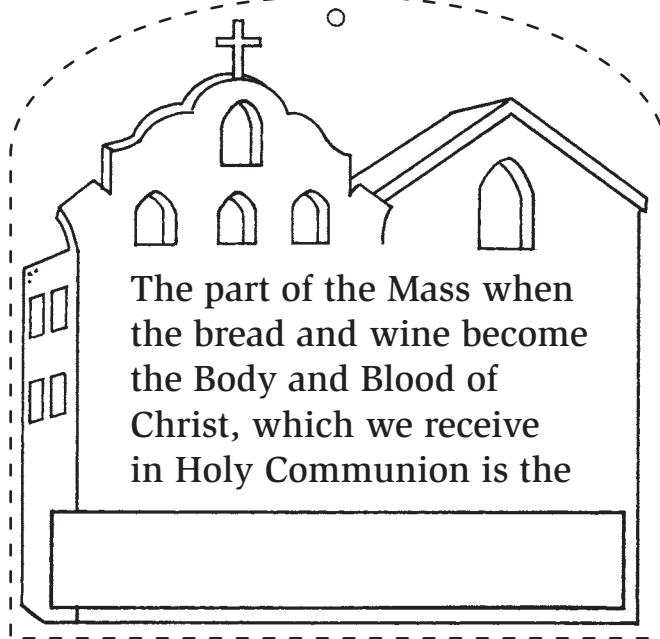
First, color and cut out the labels for each part of the Mass. Next, paste each label in the space on the church that tells about the part of the Mass. Then, cut out the churches. Use a string to attach each church to a plastic hanger.



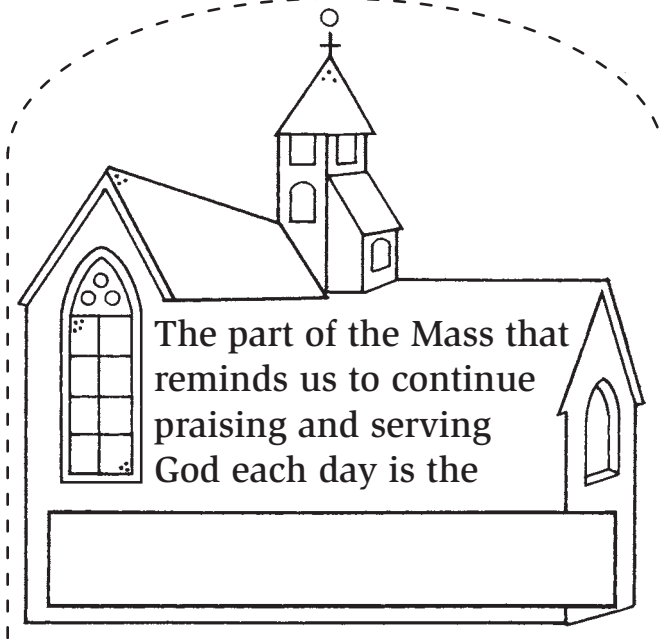
The part of the Mass in which we become as one as we prepare to listen to God's word and to celebrate the Eucharist is the




The part of the Mass when we listen and respond to God's word is the



The part of the Mass when the bread and wine become the Body and Blood of Christ, which we receive in Holy Communion is the



The part of the Mass that reminds us to continue praising and serving God each day is the



Liturgy of the Eucharist.



Introductory Rites.



Concluding Rite.



Liturgy of the Word.

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