



# *Generations of Faith*

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The Eucharist: Source and Summit of the Church Life  
**Christ Present in our Homes**

**Adult Booklet**

## Eucharist--What does it mean to your family?

What does Eucharist mean to you and your child? Use these letters to write descriptive words and sentences about the Eucharist. Use it as a way to discuss this sacrament with your child.

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# Eucharist is a sacrifice.

Begin your discussion with household members and/or friends explaining the concept of "sacrifice". Perhaps having someone look it up in the dictionary or search Wikipedia, [www.en.wikipedia.org/wiki/Sacrifice](http://www.en.wikipedia.org/wiki/Sacrifice) to get a definition of the word would be a good idea before you discuss what it might mean to you.

Once you have discussed the meaning of sacrifice, Explain (in your own words):

*The Last Supper that Jesus shared with his friends cannot be separated from his death on the cross the next day and his being raised from the dead on Easter. At the Mass Christians remember and thank God for those saving actions of Jesus' life, death, and Resurrection. The Mass recalls Jesus' sacrifice, his pouring out of life in love for everyone. At every Mass Jesus gives himself to us. It is Jesus Christ himself, through the priest, who offers each eucharistic sacrifice.*

Ask the household to identify people who have sacrificed for them. Who has shown you love, care, compassion, and respect? Who has sacrificed for you? Write the names of the people and what they did for you.

Discuss together: Why do you think these people sacrificed for you? What did they do for you? What difference did it make to you?

Discuss together:

- Why do you think these people sacrificed for you?
- What did they do for you? What difference did it make to you?
- What was the cost to them for their sacrifice?
  
- Eucharist teachings from the *Catechism of the Catholic Church* 1337-1396
  - [http://www.vatican.va/archive/ccc\\_css/archive/catechism/ccc\\_toc.htm](http://www.vatican.va/archive/ccc_css/archive/catechism/ccc_toc.htm)
  - Or Google search "Catechism of the Catholic Church"

## Reflection

Discuss the following questions followed by sharing reflections with everyone.

- How is the Eucharist (Mass) a sacrifice?
- Why do you think it is important that the Mass is a sacrifice?

## Reflection on Sunday Mass

What did I see this week at Mass?

- Think of the colors, decorations, and artwork used at Mass this week. Think of all the actions at Mass this week.
- What did you see and do this week to worship God?

What did I hear this week at Mass?

- Think of the songs you sang this week. Think of the Scripture readings this week, especially the Gospel. Think of the message of the homily.
- What is God telling you this week at Mass?

How did I pray this week at Mass?

- Think of the prayer petitions this week and who we prayed for.
- How can you keep these intentions in prayer all week?

Think of the Eucharistic Prayer and receiving Holy Communion.

- How did you experience Jesus today at Mass and by receiving Communion? How can you give thanks for all that Jesus has done for us?

How will I live this week?

- How can you live the Mass all week – at home, at work or school, in the community?

What is one thing you are going to do this week? Be specific!

# The Good Samaritan Activity - Making Sacrifices at Home

## Scripture

### Luke 10: 29-37

#### Making the Connection

Explaining that a coin always has two sides is a logical argument and a good image to understand the inseparability of love of God and love of neighbor.

#### Materials Needed

- A coin

#### Preparation for Scripture Readings

1. Tell your household that you are going to see if they can guess what kind of coin you are describing. Use the following descriptions. (To make it more difficult, select the descriptions randomly):

*I am worth one cent. I have a picture of President Abraham Lincoln on my front and the Lincoln Memorial on my back.* (penny)

*I am worth five cents. I have a picture of Thomas Jefferson, who was the third president of the United States, on my front. On my back, I have a picture of Monticello, Jefferson's house near Charlottesville, Virginia.* (nickel)

*I am worth 10 cents. I have a picture of President Franklin Roosevelt on my front. On my back, I have a picture of a torch, an oak branch, and an olive branch.* (dime)

*I am worth 25 cents. President George Washington is pictured on my front. Sometimes my back has an eagle and other times, it has a symbol of one of the 50 states.* (quarter)

2. Show everyone a coin and ask what we call its two sides. (heads and tails)
3. Say: ***We sometimes toss a coin to help us make a decision, choosing heads for one choice and tails for the other. That's the nice thing about coins: they have two sides. There's no such thing as a one-sided coin. Heads and tails cannot be separated.***
4. Explain: ***In this Gospel reading, Jesus is teaching us that when it comes to loving God and loving our neighbor, they are like two sides of a coin; they cannot be separated.***
5. Read aloud this Gospel, Luke 10:25-37
6. Ask: ***According to Jesus, who is our neighbor?*** (everyone)
7. Say: ***Jesus wants us to show our love for him by loving all people, especially those in need. Remember there's no such thing as a one-sided coin. In the same way, there's no such thing as loving God without loving our neighbors.***

Tell the household that when we pray the Lord's Prayer, we are asking God to help us love him and love our neighbors. Conclude by praying together the Lord's Prayer.

Talk with everyone and discuss what can be done this week to prove that you love God and your neighbor.

## Make Christ Present in our Home

### At Home Check List:

- Check out Father Barren's YouTube explanation of the Eucharist.  
[www.youtube.com/watch?v=BeupcbytBwg](http://www.youtube.com/watch?v=BeupcbytBwg)
  
- Spend an hour in Eucharistic Adoration  
[www.youtube.com/watch?v=ZE0ysu\\_35bc](http://www.youtube.com/watch?v=ZE0ysu_35bc)  
[www.therealpresence.org/eucharst/pea/a2.html](http://www.therealpresence.org/eucharst/pea/a2.html)
  
- Pray as a household
  - ✓ Morning prayer
  - ✓ Evening Prayer

Tip: set an alarm on your phone to remind you.

Try these web sites:

[www.ourcatholicfaith.org/prayer/p-morning.html](http://www.ourcatholicfaith.org/prayer/p-morning.html)  
[www.catholictradition.org/Children/morning-prayers.htm](http://www.catholictradition.org/Children/morning-prayers.htm)  
[www.loyolapress.com/3-minute-retreats-daily-online-prayer.htm](http://www.loyolapress.com/3-minute-retreats-daily-online-prayer.htm)

- Read and discuss the Sunday scripture for the next Sunday.  
(See St. John's bulletin)

Close every night this week with this prayer:

# Psalm 40

Here am I, Lord;  
I come to do your will.

I patiently waited, Lord,  
For you to hear my prayer.  
You listened and you gave me a new song,  
A song of praise to you.

Here am I, Lord;  
I come to do your will.

I enjoy pleasing you.  
Your law in my heart.  
You, Lord, never fail to have pity on me;  
Your love and faithfulness always keeps me secure.

Here am I, Lord;  
I come to do your will.