

# Gather to Worship

## Preparation for the Session

**Turn to Page 231,**  
the Family + Faith page.  
*Vivos en Cristo*, Page 463

In this chapter you will cover the following objectives:

- Define the Eucharist as the Sacrament in which Jesus Christ shares himself and the bread and wine become his Body and Blood
- Describe the Mass as another name for the celebration of the Eucharist
- Recognize that the assembly takes part in the Mass by praying, singing, and using actions to worship God
- Examine the Introductory Rites of the Mass as that which gathers and unites us, preparing our heart to hear God's Word

**Turn to Page 223,**  
Gather to Worship  
*Vivos en Cristo*, Page 447

**Read** the **Consider This** feature. What thoughts or reactions do you have to the opening question?

**Parents, Consider This:** *The communal life was part of the Church, according to the Acts of the Apostles, from the very beginning. So life-changing was the experience of the first Eucharistic assembly that they gave up their jobs, their wealth, and their homes to become part of this community of faith. Most of us are not called to so literal a life of community. We continue with our individual lives, but every Sunday (or Saturday evening), we do what Christians have always done. We gather to devote ourselves to prayer and the breaking of the bread. Remind your child how faithfully Christians have observed this Tradition that your family continues to observe.*

**Read** these other sections on the Family + Faith Page.

- *Your Child Learned.* This highlights some of the content of Sacred Scripture and Tradition in the chapter.
- *Children At This Age.* This will help you to understand how your child processes and learns at this developmental level.



**Let's Sing:** These songs connect the session topics and can be downloaded from [aliveinchrist.osv.com](http://aliveinchrist.osv.com).

- We Glorify You
- And With Your Spirit

## INVITE: Encountering God in His Word

After gathering the supplies that you will need, find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



**Let Us Pray** Invite your child to make the Sign of the Cross. Read aloud the Psalm verse from the book. Help your child to respond.

**Explain** that Jesus invites us to gather with each other to pray and worship our God.

**Say:** Let's listen to what happened when Jesus appeared to his friends after he rose from the dead.



**Guide** your child through the Preparing for God's Word Ritual you learned in the Introduction Session or play Track 1 of the *Songs of Scripture* CD.

- Proclaim God's Word in the Parchment Paper box on the page.
- Maintain several moments of silence.
- Ask: What did you hear God say to you today?

**Invite** your child to respond and also share what you heard.

Now, look at the *What Do You Wonder?* box.

**Say:** The disciples of Jesus invite us to gather to be fed by Jesus as they were.

**Invite** your child to respond to the questions. Prompt what else they might wonder about gathering to worship together.

## DISCOVER: Learning God's Truth

**Turn to Page 224,**  
Celebrating the Eucharist  
*Vivos en Cristo*, Page 449

**Read** aloud the opening question and the two paragraphs. On a separate piece of paper write *Mass = Eucharist* to show your child that these two names are interchangeable.



**Proclaim** the Scripture in the Parchment Paper box.

**Ask:** Why do you think the first followers gathered together? (to worship God and remember Jesus, to hear God's Word) When does your parish community get together? (Sunday morning or Saturday evening, Holy days of Obligation)



**Do** the gold-star activity.

**Parents, Consider This:** *The first followers of Jesus were Jews. They participated in the daily prayers at the synagogue, but celebrated the Lord's Supper in large home gatherings. Even when Christianity separated itself from Judaism, and the Mass began to be celebrated in churches, the order of the Liturgy kept elements from the Jewish service. Today, your family participates in family prayer in your home and gathers with the community on Sundays. Faithfulness to both of these ways of praying is an important part of your family's faith formation.*

**Turn to Page 225,**  
We Gather  
*Vivos en Cristo*, Page 451

**Read** aloud the paragraphs.

**Ask:** When do we stand? (when the Mass begins) When do the altar servers enter? (while we are singing the gathering song) Do the readers, deacons, and priests sing the gathering song as they enter? (yes)

**Have** your child point to and read the three highlighted Catholic Faith Words, **Eucharist**, **Mass**, and **assembly**, and their definitions.

## Activity

**Have** your child complete the Share Your Faith activity.

**Parents, Consider This:** *On your family calendar, mark the Sundays with a special sign, for example an “M” for Mass, or a cross to remind your family when you will participate in Mass.*

**Turn to Page 226,**  
The Introductory Rites  
*Vivos en Cristo*, Page 453

**Read** aloud the opening question and the two paragraphs.

**Ask:** What does the priest lead the assembly in making? (**the Sign of the Cross**) Ask your child to demonstrate the Sign of the Cross.

**Ask:** What does the priest say when he greets the assembly? (“**The Lord be with you.**”)



**Do** the gold-star activity.

**Parents, Consider This:** *Participating in Mass is only part of fulfilling the Commandment to keep the Lord’s Day. Encourage your child to think of ways to help family members have time to rest on Sunday, such as helping with household chores, for example, clearing the table after meals. Brainstorm ways your family members can relax, pray, and help others on Sunday.*

**Turn to Page 227,**  
Words of Praise  
*Vivos en Cristo*, Page 455

**Have** your child silently read the paragraphs on this page.

**Ask:** What do you need to better participate in the Mass? (**forgiveness in your heart**)

## Activity

**Have** your child complete the Connect Your Faith activity.

**Parents, Consider This:** *The Gloria begins with the words sung to the shepherds by the angels at the Nativity. The prayer follows the form of many scriptural hymns. Review the words of the Gloria with your child. Praise God in your family prayer.*

## LIVE: Living Our Faith

**Turn to Page 228,**  
Our Catholic Life  
*Vivos en Cristo*, Page 457

**Read** aloud the opening question and the paragraphs.

**Summarize** the bullet points in the “Ways to Join in the Mass” chart for your child. Ask your child to identify what’s happening in the pictures on this page.

**Turn to Page 229,**  
People of Faith  
*Vivos en Cristo*, Page 459

**Read** the paragraph about Saint Tarcisius.

- Share your reactions to the information.
- Talk about how you can show respect for Jesus in the Eucharist.

## Activity

**Have** your child complete the Live Your Faith activity.

**Turn to Page 231,**  
Family + Faith Page and  
conclude with the Let’s Pray  
prayer on this page.  
*Vivos en Cristo*, Page 463

**Parents, Consider This:** *It’s important to form our children in the common language of prayer. We encourage you to pray Holy, Holy, Holy Lord (see Page 323), during your night prayer this week.*



To access and send an eAssessment to your child, go to the Student and Family section of [aliveinchrist.osv.com](http://aliveinchrist.osv.com).