

YOUR CHILD LEARNED >>>

This chapter explains the significance of the bread and wine becoming the Body and Blood of Christ, expressing the Mass as a holy meal and a sacrifice.

Scripture



Read **1 Corinthians 10:16** to see what Saint Paul wrote about the Body and Blood of Christ.

Catholics Believe

- In Sunday worship and daily living, we show that the Eucharist is the source and the summit of the Catholic Church.
- The power of the Holy Spirit and the words of the priest transform the bread and wine into the Body and Blood of Jesus.

To learn more, go to the *Catechism of the Catholic Church* #1324, 1372, 1398 at usccb.org.

People of Faith

This week, your child learned about Saint Clare of Assisi, one of the first followers of Saint Francis of Assisi. Clare's devotion to the Blessed Sacrament saved her town from attack two times.

CHILDREN AT THIS AGE >>>

How They Understand Transubstantiation The process of transubstantiation, by which our gifts of bread and wine become the Body and Blood of Jesus, is a mystery to most adult Catholics, and even more of a mystery to children. With the trust and openness of young children, First Communicants (often second-graders) can accept this doctrine on faith. Children at this age are sometimes more skeptical. It helps them to know that Jesus promised in Scripture that he would be with us in this way, that early Christians professed this belief, and that the Catholic Church has upheld this doctrine for 2,000 years.



CONSIDER THIS >>>

How focused are you on what you eat?

Everywhere in our culture we see and hear messages about food. One of those familiar messages is “you are what you eat.” Saint Augustine proclaimed that when we consume the Eucharist, “we become what we eat.” Our need to be nourished and fed by God in the Eucharist is essential and central to our lives. As Catholics, we know that “Holy Communion increases our union with Christ. Just as bodily food sustains our physical life, so Holy Communion nourishes our spiritual life. This Communion moves us away from sin, strengthening our moral resolve to avoid evil and turn ever more powerfully toward God” (*USCCA, p. 223*).

LET'S TALK >>>

- Ask your child to explain the Liturgy of the Eucharist, the second main part of the Mass.
- Share how your family lives the Eucharist.

LET'S PRAY >>>



Saint Clare, pray for us that we may share your faith and trust in God's love, and your respect and love for the Eucharist. Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to aliveinchrist.osv.com.