

## YOUR CHILD LEARNED >>>

This chapter identifies the Mass as the Sacrament of the Eucharist, the Church's great celebration of praise and thanksgiving.

### God's Word



Read **Matthew 26:26–28** to learn how Jesus shared a meal with his friends.

### Catholics Believe

- At Mass, we gather to worship God by reading from the Bible, giving thanks, and receiving Holy Communion.
- Jesus shares his Body and Blood with us in the Eucharist.

To learn more, go to the *Catechism of the Catholic Church* #1322–1327 at [usccb.org](http://usccb.org).

### People of Faith

This week, your child met Pope Saint John XXIII. He helped to change the way Catholics all over the world celebrate the Mass.

## CHILDREN AT THIS AGE >>>

**How They Understand the Mass** Some children at this age have difficulty engaging in the Mass, perhaps because the language of the Mass, hymns, and homily often feel very much directed toward the adults in the parish. Helping your child become familiar with what happens at Mass, the words that are said and their meanings can help him or her to begin to decode what may otherwise feel like a very adult event. At the same time, we need to retain our sense of awe and mystery at the miracle of God's love unfolding before us.



## CONSIDER THIS >>>

Why is it so important to gather together for meals?

Eating together helps us grow and gain a greater sense of belonging and a true sense of ourselves. Those same human longings guide us to Mass. Here we are strengthened in our identity as members of the Body of Christ and grow in deeper communion with one another. "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 recall some things that he or she does during Mass.
- Talk about your favorite part of the Mass and how you first became familiar with what happens at Mass.

## LET'S PRAY >>>



Dear God, help our family always give thanks for the good things you have done for us and to share those stories with others. Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to [aliveinchrist.osv.com](http://aliveinchrist.osv.com).