

Year 2 – Session 6
Family Faith Formation
Celebrating the Eucharist
Feeding Hungry Hearts

Resource for Adults:

- Feeding Hungry Hearts, Celebrating the Eucharist with Fr. Joe Kempf (Part 3 & 4)
Liguori.org/education

Objectives for Adults:

- To encourage more active participation in the rituals and prayers of the Mass
- A better understanding of the Mass as the Table of the Word and the Table of the Eucharist

Objectives for Children:

- To understand and encourage participation at the Eucharist on a child's level
- To help the children understand and reflect on the fact that the Eucharist needs to continue in our daily lives

Objectives for Family:

- To attend Mass as a family
- To discover how attending Mass as a family will nourish us during the week to be more Christ like.

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- **Welcome / Introduce Theme:** (5 min.) Families begin together
 - **Opening Prayer** (10 min.)

Sign of the Cross

Scripture Reading-John 6, 30-35, 47-51

Sharing – Invite families to share what takes place at a special family meal like Thanksgiving as an example. Are there any similarities to the banquet that we attend at church?

Glory Be ...

*Children are dismissed to their session. (See children’s lesson)

- **Parents/Adult Presentation (30 – 40 min.)**

Fr. Joe will tell us in this DVD that the Eucharist is truly “a meal for sinners and not a reward for the righteous.” What does this mean for you?

View Part 3 of DVD, “The Liturgy of the Eucharist”

Discuss - “From the Eucharist comes strength to live the Christian life and zeal to share that life with others.” (Pope Saint John Paul II) What does that mean in your life?

View Part 4 of DVD, “Concluding Rites.”

Discuss - It’s when the Mass is ended that we are called to live our vocations by putting our gratitude into action. Loving and serving the Lord is practiced in many ways. What are some practical ways that we can express our love and gratitude with our families, at work or in our communities as a sign that we have been fed and nourished at the Eucharist?

- **Children Presentation (30-40 min.)**

View DVD Understanding Sunday Mass. A Kid’s Point of View

Follow up with activities that are suggested on the website: www.sundaymass4kids.com.

- **Sharing and Action Plan – Children and Parents together (15-20 min.)**

The word “Mass” comes from the Latin word meaning “Mission.” Parents and children share what simple actions they can do to transform their little part of the world.

- **Closing Prayer and Ritual (10-15 min.)**

Give each participant a piece of paper. Reflect on a deep hunger that they have in their heart. Write a prayer or draw a symbol of the “hunger.”

Invite the members to fold and place their slips of paper on an empty plate. The group leader lifts the plate and prays in these words:

Oh God, hear the hunger of your people. There is an emptiness and a longing in each of our hearts. We remember that our hunger is ultimately for you. Keep us hungry and thirsting for you, Lord. As we leave this gathering, keep our eyes and hearts open to the ways that feed us. Amen.

Put the plate back on the table and invite the group to pray the meal prayer that we often use to remind us that God does indeed feed the deepest hungers of our hearts.

All: Bless us, O Lord, and these your gifts which we are about to receive from your bounty, through Christ our Lord. Amen

As we pray this prayer at home as a family, let us be reminded of God's goodness toward us and how God wants to come in our lives through the Eucharist and our everyday lives.

Created by Sr. Carol Martin. If you have any questions or need clarification contact Carol at carol.martin@portlanddiocese.org