

The Family Rosary Way of Grace

Parent Preparation Guide to Eucharist: Accepting Our Invitation to the Banquet

Dear Parents or Guardians,

Thank you for taking an active role to help prepare your child to receive the Sacraments of Reconciliation, Eucharist, or Confirmation. This is a special time for your family to pause and reflect on where your family is on the path God called you to walk when your child(ren) was baptized. This is also a great time for your family to pray about any changes you may need to make to remain on the path.

Below you will find links to Holy Scripture, information about the Sacrament being studied, and helpful items to gather that will help during the home sessions.

May your whole family find peace and joy in this Family Rosary Way of Grace!

Sacrament of The Eucharist:

- The Eucharist is one of three Sacraments of Initiation (with Baptism & Confirmation)
- The Last Supper was the institution of the Eucharist
- Transubstantiation (no longer ordinary bread and wine). Conversion of bread & wine to the Body & Blood of Christ. Christ is truly present, in all his divinity and his humanity, in the Eucharist.
- Children should be able to “distinguish the body of Christ from ordinary food.”
- The Mass (Divine Liturgy) is the source and summit of our entire church life.
- Christ, the eternal high priest of the New Covenant, acting through the ministry of a validly ordained priest, offers the Eucharistic sacrifice to God the Father through the Holy Spirit.
- Memorial of our Lord’s death & resurrection (this central event of salvation becomes truly present.)
- The Eucharist is a source of communion with the Trinity, forgives venial sins, and helps us avoid mortal sins. The Eucharist effects and strengthens the unity of the Church as the Body of Christ.
- As Catholics, we are obligated to attend Mass every Sunday (or Saturday evening) & other Holy Days of Obligation. We are also obligated to receive the Eucharist at least once a year, more often is definitely encouraged.

Symbols of The Eucharist used during Mass and in Christian Art:

- Wheat/bread (Jesus used unleavened bread at the Last Supper; symbolizes Jesus as the Bread of Life.)
- Host (Host comes from *hostia*, a Latin word meaning a sacrificial lamb; Jesus is the sacrificial lamb.)
- Grapes/wine (symbolizes the blood of the covenant, shed for the forgiveness of sins for all.)
- Chalice (symbolizes the vessel holding the wine which becomes the body, blood, soul and divinity of Jesus originally used at the Last Supper)
- Altar candles (symbolizes the presence of the Holy Spirit)
- Altar (Table where the Eucharistic sacrifice is celebrated; symbolizes the Eucharist.)
- A basket of loaves (Jesus feed 5,000 with five loaves (Mt 14:17; Mk 6:38; Lk 9:13; Jn 6:9).)
- Pelican (A mother pelican was thought to shed her own blood, sacrifice herself, to feed her starving chicks; symbolizes Jesus’ sacrifice for us.)

Resource about The Mass:

Learning about the Mass is central in preparing to receive First Communion. Here are some helpful links:

- [Church Liturgical Objects & Terms](#) (Printable PDF)
- [Do This in Remembrance of Me](#) (includes an overview of the Mass)
- [My Booklet of New Mass Responses](#) (Printable PDF from the Diocese of Portland, Maine)
- [Order of the Mass](#) (From the United States Conference of Catholic Bishops)

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Optional Items to Gather to Help with Home Sessions:

- Bible to look up scripture.
- Computer or smart TV with YouTube for session 2.
- Ingredients to make “Bread-in-a-Bag” for session 2.
- Photos, memorabilia from parents/older children’s First Communion, before session 3.

Scripture References:

Here are the scriptural links to the full story for each mystery in these home sessions. Please consider reading and sitting with the bigger story prior to each home session.

Home Session 1: Luminous Mystery - The Proclamation of the Kingdom of God ([Mark 1:14-15](#))

Home Session 2: Luminous Mystery - The Transfiguration ([Matthew 17:1-8](#))

Home Session 3: Luminous Mystery - The Institution of the Eucharist ([Matthew 26:26-29](#))