

Sacraments



Sacramental Resource for Parishes and Primary Schools

Name: _____

Date: _____

WELCOME

How to use this resource:

This is a work book for both you and your child.

It includes activities in these boxes for you to complete together to help consolidate understandings and the ideas.

This box prompts you to stop and spend some time discussing things with your child and perhaps your family or the people you are meeting with.

Tips and extra information are included in these boxes and are valuable information that can be shared with your child or used as a basis for discussions.

We have also included internet links that can be used to enhance their enjoyment and understanding.

This resource is a support to help you guide your child on their journey of Catholic faith, a responsibility taken when they were Baptised. For this to be a successful journey:

1. Make a regular time to sit together and spend reflecting on their journey
2. Involve other members of the family with your discussion, perhaps around the dinner table
3. Be positive and open to where the discussion and reflection may take you
4. Enjoy

Goals:

The goal of this programme is to guide the youth in our church to encounter the presence of God in their everyday lives. We hope that it enables them to understand the wonder of belonging to our church family, and to understand our mission. We hope to encourage conversations and support the ongoing faith development of anyone who picks up this resource, regardless of where they are on their faith journey.

Section 1

Sacraments

Sacraments are an opportunity to encounter Jesus

Sacraments are a visible sign of an invisible God

The initiation sacraments celebrate, in community, the growth and development that is happening in our lives.

Sacraments through grace sustain, build and express Catholic faith and acknowledge, revive and intensify tapu, mana and the spiritual health of people

Sacraments are visible signs of an inward grace

Our relationship with God intensifies when we recognize and experience the sacramentality of each other, of the gift of life and of mother earth

Becoming aware of all the goodness in our lives helps us to live more fully, and to participate positively with others.

There are 3 initiation sacraments:
Baptism, Confirmation and Eucharist.

Sacraments are lived long before they are celebrated

Sacraments are signs that point to something more ...

Sacraments lead us into the mystery of GOD.

Draw a picture/or write of a time when you have felt close to God.

You may like to think about, celebrations in your family, times spent with friends, a song or a sound, being out and about in nature.

Go for a nature walk and see how many things you can see God in. It might be in the colours of the leaves, in the warmth of the sun, the many beautiful bird songs, the thousands of different shades of green, the sparkle of the water or the company of your family.

Get some modeling clay or play doh and create something that represents who God is to you.

Think about a good friend. Do you like spending time with them?

Do you like playing, talking and just hanging out with them?

If you want to have a good friendship you need to spend time with your friends.

Jesus wants to be your friend too, Jesus wants to share experiences and special moments with you. Some of these very special moments are called sacraments.

Prayer:

Prayer is another way we can spend time with God. Because God loves us so much God wants to spend as much time as possible with us. We can talk to God about what we need, what we are sad about, what we are grateful for or times when we are having troubles or problems.

There are many prayers that we share as a community, but you can pray in many different ways and you can talk to God by making up your own prayers or just listening to what God may be saying to you.

Some ideas to keep prayer interesting:

<https://tinyurl.com/4Sacraments17>

Try praying with some of these ideas:

1. Start by saying

Hi or

Hello or,

Dear or

loving ...

God of
Wonder

Loyal
One

God of
Power

Lord of
Laughter

Risk Taker

Jesus
Healer

Lord of
Patience

Mother
God

God of
Children

Peaceful
Spirit

Friend

God of
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Mystery
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Amazing
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2. What do

want to say:

you

Thank-you, *Please help*, **You are wonderful**, Look after, I'm sorry, I'm upset because, **Help me to**,

3. **AMEN** means 'so be it' or 'let it be done' it's a way to confirm the words we have spoken.

Mass:

Sunday Mass is another way we can spend time with God, and with the people who belong to our church family. Mass supports us, by feeding our body and mind for the coming week so that we may be able to make good choices and live like Jesus.

The Mass

<https://tinyurl.com/4Sacraments18>

At Mass we give thanks by praying, singing and by showing the peace and love of Christ to each other.

At Mass we remember that Jesus died, and we celebrate that he rose to New Life. We listen to stories about God and God's people.

After Mass we go out to share God's love with everyone. We show this love and mercy when going out into the community to live lives like Jesus.

There are 2 main parts to the Mass:

Unscramble the words to reveal what they are.

1) LITURGY OF THE ___ ___ ___ ___: D O R W

Jesus taught and explained scripture to his disciples and to us today.

2) LITURGY OF THE ___ ___ ___ ___ ___ ___ ___ ___ ___: U H R S T E C A I

U H R S T E C A I

Jesus took bread, blessed it, broke it and gave it to them.

These liturgies are held together inside 2 rites:

INTRODUCTORY RITES:

Like he did with the disciples, Jesus enters into our presence.

CONCLUDING RITE:

The disciples Jesus' friends, went out bearing the good news of Christ, we are also sent to do the same. We are God's disciples too!

Sacraments of Initiation:

In the Catholic Church we have 3 sacraments that we call the Sacraments of Initiation. They are **Baptism, Confirmation** and **Eucharist**.

To begin this session show one/some clips of initiation ceremonies around the world:

<https://tinyurl.com/4Sacraments2> vine jumping

<https://tinyurl.com/4Sacraments3> ant initiation

<https://tinyurl.com/4Sacraments4> Apache girls right of passage

Discuss sports club ceremonies, Young Vinnies commissioning mass, coronations (Frozen movie), sports teams, clubs, fire walking, gangs, vine jumping.

Why do you think initiation ceremonies are common?

Baptism: Welcomes us into a family of people who believe in living as Jesus did. This family is all around the world, welcoming others. In Baptism we acknowledge the gift of the Holy Spirit in each of us. A gift given to us from God that guides, supports, strengthens and forms us into people that are able to live joyful lives full of love.

Confirmation: Asks us to use the gifts we have for others. We are asked to serve those around us and are guided in our actions by love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control, the fruits of the Holy Spirit; Gal 5:22-23.

Communion or Eucharist: Is a regular event that nourishes us to continue our personal growth and live in community. It is a time of gathering with others and acknowledging that none of us is perfect, but we are perfectly created. It is a time when we acknowledge the sacrifice that Jesus gave his life for us, while at the same time we gather around a table, like the first apostles, and commit our lives to Jesus.

Eucharist is a time when we remember the sacrifice of Jesus giving his life for us, while at the same time we gather around a table, like the first apostles, and commit our lives to Jesus.

These Sacraments remind us that we are a worldwide church. We all believe in God the **Father**, the **SON** and the **HOLY SPIRIT**, and in living like Jesus Christ by putting God's Word into practice.

**Our initiation, although not that remarkable to glance at,
is an agreement to live a radical new way of life.**

Section 2

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Baptism

Baptism video overview: <https://tinyurl.com/4Sacraments5>

Before you begin each session take a moment to be with God in prayer.

<https://tinyurl.com/4Sacraments6> (You are Mine David Haas)

God of Life,

We thank you for this time of searching. We pray that you will continue to bless us as we grow in our understanding of your gift of faith.

As we reflect on the symbols of baptism may our belief in you as Father, Son and Holy Spirit grow deeper.

Amen

You have chosen to participate in this next step of your journey.

Participating in this journey shows that God has called you personally, God has called you by name, because you are loved. God wants you to have a **full** life.

How does this make you feel?

“I have come so that you may have life and have it to the full”

John 10:10

When we choose to get Baptised, we are choosing to live a life that is like Christ. When our parents choose to Baptise us they are wanting to support us to live a life like Christ.

God loves you, God created you, to be who you are.

God created you in God’s image

‘I have called you by name, you are mine.’

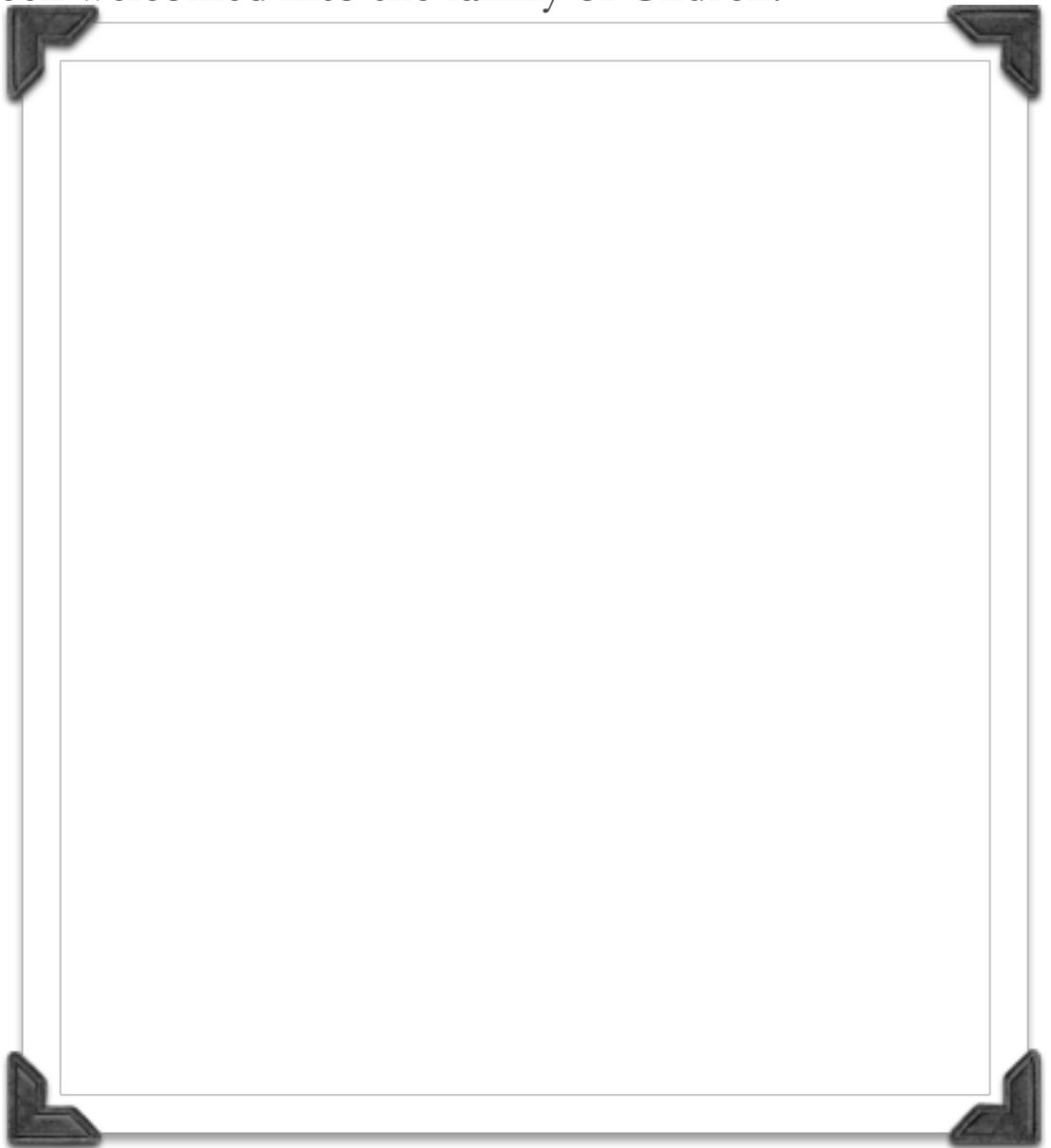
Isaiah 43:1

If you have been Baptised,
you have already been welcomed into the family of Church.

Find a photo of your
Baptism day.

Talk about who was there
and what you did.

Do you have any traditions
for Baptism?



Name you were Baptised with:

Date:

Church:

Baptised by:(Priest/Pa)

My God Parents are:

Our **name** identifies us and gives others a sense of who we are.

It is special and given to us by our family.

My name is _____ ,

I am loved by God!



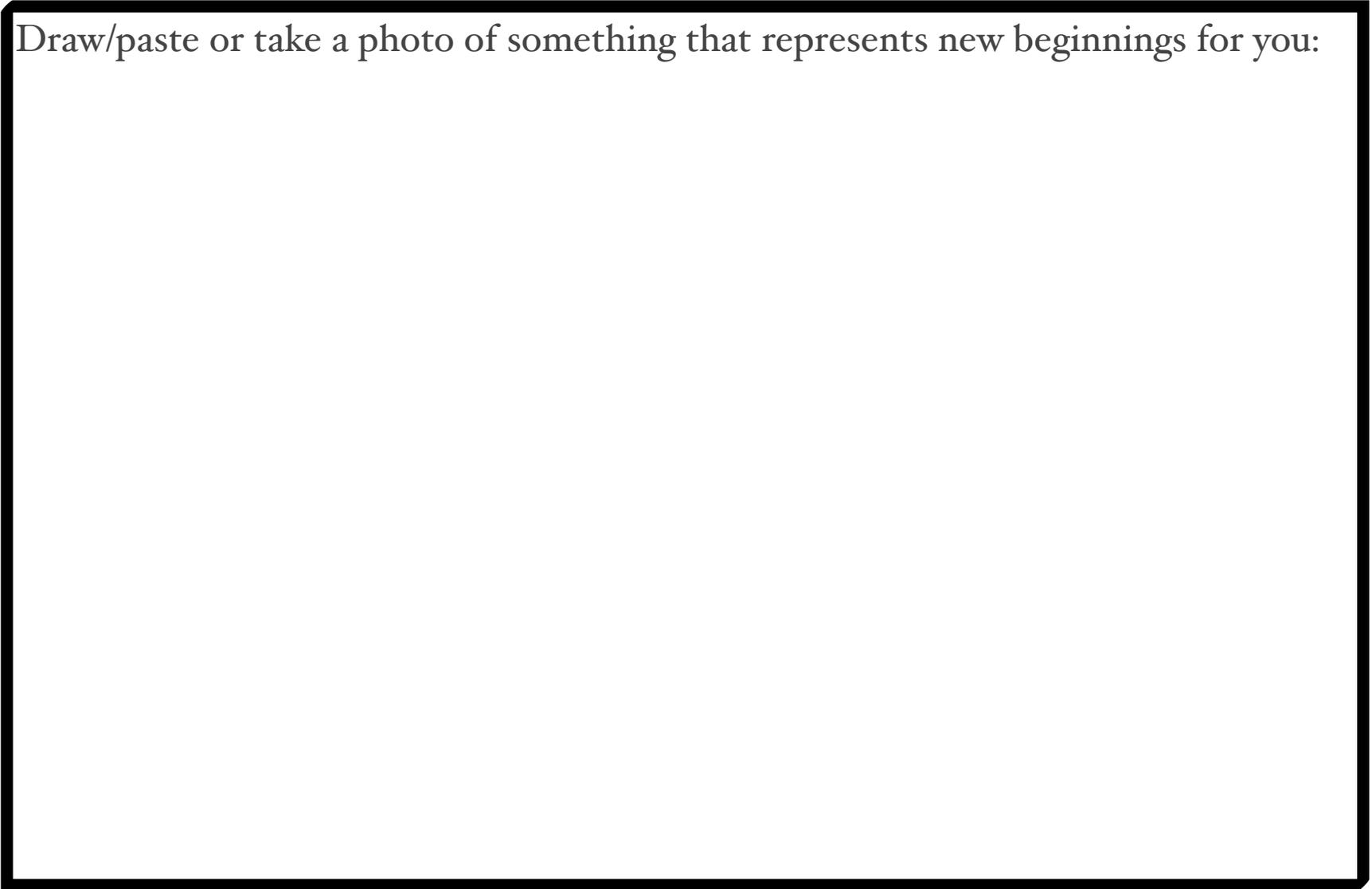
When we are Baptised we choose to grow our hearts to be more like Jesus.

On the **outside** of the heart write down words that are part of our lives that are **not** what God wants for us. On the **inside** write the words that show how Jesus wants us to live.

Here are some suggestions: Selfish, Creative, Loving, Negative, Friendly, Greedy, Careless, Hopeful, Hurtful, Dishonest, Mean, Honest, Giving, Unique, Patient, Loyal, Compassionate, Joyful, Grumpy, Self-centered, Kind, Caring, Helpful, Positive

Baptism is like a *new beginning*, a change of direction.

Draw/paste or take a photo of something that represents new beginnings for you:



Talk with your family/whanau about why they chose your name.

Were you named after someone, when did they decide your name?

Write your ingoa(name): _____

What does it mean? _____

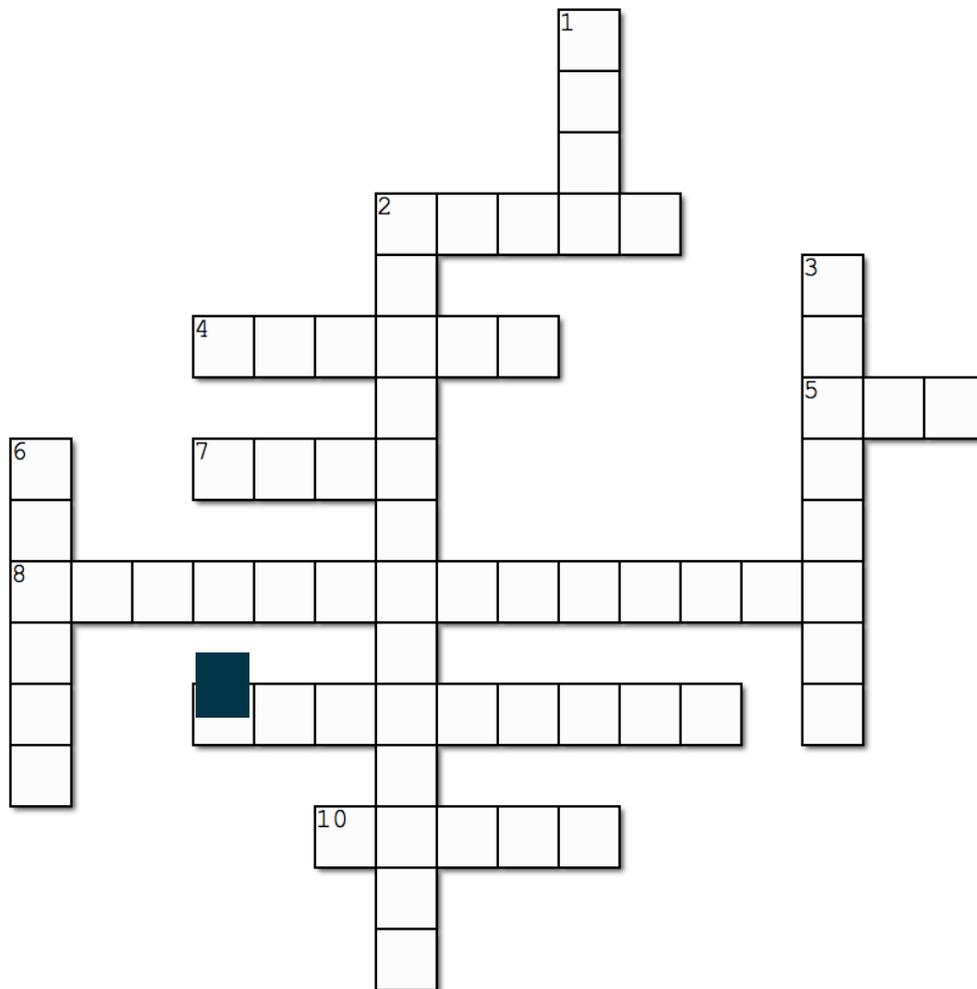
Symbols of Baptism:

During the sacraments the Church takes material things (water, oil, bread, wine) and uses human actions (washing, anointing, blessing, eating, drinking) to communicate God's deep presence - God's Love.

Through Te Wairua Tapu/The Holy Spirit, these material things and human actions become outward, visible signs of God's inward, invisible Grace.

Baptism

Complete the crossword below



Created with TheTeachersCorner.net [Crossword Puzzle Generator](#)

Across

2. symbolises life
4. we are welcomed into the church ...
5. represents strength and protection
7. what our parents chose especially for us
8. what Baptism offers us
9. an encounter with Jesus
10. the person we are called to live like

Down

1. aroha
2. represents our dignity, joy and happiness
3. things we say to show we are serious about our Baptism
6. reminds us to carry the light or Christ in our hearts

Hint:

candle, water, promises, family, white garment, oil, love, name, Jesus, new beginnings, Sacrament,

Symbols of Baptism:

1. Perfumed oil – called chrism

We are blessed with oil at Baptism. We call this blessing anointing. This means to pour or rub oil or ointment on people to strengthen and protect them, as a sign of God's grace.

Traditionally priests, prophets and kings were anointed as a sign of their special roles and to make them strong. We are anointed for the same reasons, to recognise how wonderful it is to be in God's family and to be strong followers of Jesus.



As Christians what sort of things do we need to be strong against/for?

Wrestlers – covered themselves in oil so their opponent could not hold onto them.
Ducks - produce oil to coat their feathers as a special way to waterproof, protect, insulate and help keep them afloat.

2. Water – Holy water because it has been blessed

What uses do we have for water? Cleaning, give life, swim in, to drink, wash etc

In everyday life water is life giving, and in Baptism it symbolises God giving life to us. It symbolises washing away our sins, making us holy and giving us a **new life**. It unites us with the **TRINITY**, as we are blessed in the name of the Father and the Son and of the Holy Spirit.



3. Lighted Candle – a symbol of Jesus

Jesus said “I am the light of the world”

It reminds us to keep the light of faith burning, to carry the light of Christ in our hearts and to be God's light in this world.



4. White Garment – a sign of a newly baptized person

The white cloth represents an outward sign of Christian dignity, joy and happiness.

“For all of you who were baptised into Christ have clothed yourselves with Christ”

Galatians 3:27

To show that we are committed to this new way of living we are asked to make **promises** when we are Baptised but **God** also make **promises** to us.

- 1) Why do we make promises?
- 2) How do you feel when you keep your promise?
- 3) How do you feel when you don't keep your promise?
- 4) What promises would you like to make to God?
- 5) What promises do you think God is making to you in Baptism?



Some activities you might like to try that demonstrate how you can be transformed and take on a new life:

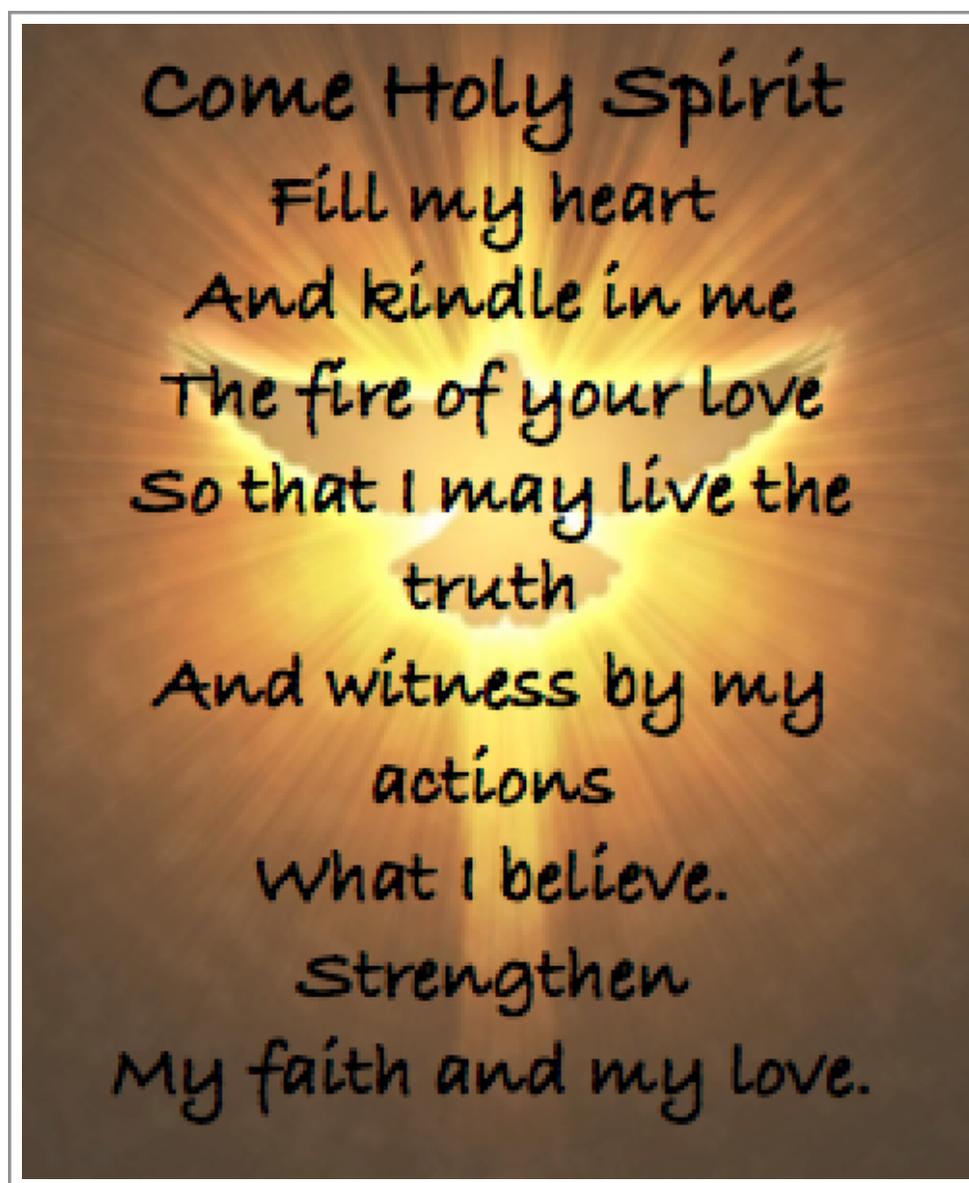
Growing a jeweled rose: <https://tinyurl.com/4Sacraments7>

Daffodil colour change: <https://tinyurl.com/4Sacraments8>

Confirmation

Confirmation video overview: <https://tinyurl.com/4Sacraments9>

Before you begin each session take a moment to be with God in prayer.



The church teaches that **Confirmation** confirms baptism and is one of the 3 steps on our journey of *initiation* into the Christian Community. This process invites us into a deeper way of relating to God, to Jesus and to one another. It is a platform that leads us to be more actively involved in the life of the community through the on-going presence of the Holy Spirit.

The Meaning of Confirmation:

Before Jesus died, he **promised** his friends that he would send **Te Wairua Tapu the Holy Spirit** to strengthen and comfort them. At Pentecost, the **Holy Spirit** gave the Apostles the power to spread the Good News of Jesus throughout the world.

Confirmation is our experience of Pentecost. At **Confirmation** we are filled and strengthened by the **Holy Spirit**. The gifts of the **Holy Spirit** give us the mana (spiritual power) to be better Christians.

When we are **confirmed** we proclaim our faith in **God: Father, Son and Holy Spirit** and we acknowledge the Gifts of the **Holy Spirit** (Wisdom, Understanding, Right Judgment, Courage, Knowledge, Reverence, Wonder & Awe).

The **Confirmation** ceremony comes from the very origins of Christianity and involves Prayer, Anointing with Oil, Laying on of Hands (the Bishop/Priest places his hands on the head of the person receiving the sacrament), Sign of the Cross and Gift of Peace.

People receiving the sacrament also choose the **NAME** of a **Saint** whose life, and values they are inspired by. They also choose a person to be their '**SPONSOR**', a long time Catholic to help them on their faith journey, and to be present when they receive the sacrament of **Confirmation**.

Jesus lived his life being faithful to God and encouraged by the **Spirit**. Before Jesus left his disciples, he **promised** that God's Spirit would remain with them to help them to remember and understand all that he had shared with them.

When the disciples were gathered together on the feast of Pentecost, they had an **extraordinary** experience. They heard what sounded like a mighty *wind* blowing about them and they saw what looked like tongues of *fire* resting on the head of each person.

It was this experience that helped them to make sense of all that they had been thinking and feeling since Jesus left them.

Before this experience, they were scared to talk about Jesus incase someone killed them too. From this time on, they became witnesses to the Good News because the **Spirit** of Jesus gave them **courage** to do so. "All of them were filled with the **Holy Spirit** and began to speak in other languages, as the Spirit gave then the ability."
(Acts 2:4)



Fruit of the spirit song:

<https://tinyurl.com/4Sacraments10>

with actions

<https://tinyurl.com/4Sacraments11>

Complete this word find using words that you hear when we talk about the sacrament of Confirmation.

a	m	a	z	e	d	d	z	y	i
g	w	t	z	y	a	f	t	w	v
u	t	r	u	t	h	h	h	i	x
i	s	p	i	r	i	t	m	l	p
d	k	a	r	k	v	l	y	r	b
e	s	s	f	p	r	f	i	r	e
t	p	w	o	n	d	e	r	s	y
t	e	z	t	c	m	w	i	n	d
p	a	d	o	v	e	w	i	q	z
y	k	t	d	x	h	o	l	y	s

guide
speak
spirit
fire
dove
wonders
amazed
truth
wind
holy

Signs of Confirmation:

Like the other sacraments, Confirmation communicates the life of **Te Atua** through **signs** and **words**. The two main **signs** in Confirmation are the **laying on of hands** and the **anointing with the oil of chrism**.

Laying on of Hands

The **laying on of hands** is a very powerful human and everyday event.

Through touch we **welcome** and say goodbye, we show love, support, comfort and forgiveness.

Jesus often **laid his hands** on others, giving them **power** and **strength**. He **laid his hands** on children and blessed them. **Laying on of hands** shows someone is precious and loved.

In the celebration of most sacraments, there is a **laying on of hands** through which God makes us God's own and transforms us by the power of love.

Each time we **touch** another person, let it be a blessing.



Think about all the things we do with our hands.

Think about times you haven't been able to use our hands for some reason.

Recall times when you have been sick afraid hurt or upset, and you were comforted by someone with a hug,

When have you used your hands to show you care?



Draw a picture of a time you used your hands for good things.

OR Trace your hand and write in each finger a way to bless with your hands.

Anointing with Oil of Chrism:

We **seal** precious and important things to protect them. To preserve something is to show that we love and care for it.

What are somethings you have wrapped up or kept safe?

In **confirmation** we are **sealed** in **faith** and **love**.

The **oil** used in **confirmation** symbolizes *anointing*, **soothing** and **healing**, **strength** and *safe keeping*.

It shows you are **special** and that you have **special** purpose.



List/draw all the uses of oil you can think of:

Historically oil was used for:

preparing food, energy and light in burners, symbolising strength, leadership, and healing.

Read 1 Samuel 16:12-13 the anointing of David as King



How will being Confirmed change my life?

Making the choice to be **confirmed** is agreeing to live the type of life that God wants for all of us.

At **confirmation** we confirm our choice to be **baptized** members of the church and to become involved in the **mission** of Jesus.

The **mission** of Jesus means living lives for others with God at the centre of our choices.

The **Holy Spirit** helps us to live as disciples or followers of Jesus. The **Holy Spirit** gives the **GIFTS** of *wisdom and understanding, good judgement, knowledge, reverence, courage and wonder.*

What do these gifts mean to you?

St Paul urged the Christian communities of his time to live as **Spirit-filled** people and he said that others would follow his example if they saw the fruits of the **Spirit** in the way they lived their lives.

St Paul described these **FRUITS** of the **Spirit** when he told the people that God's **Spirit** makes us loving, kind, generous, gentle, peaceful, kind, forgiving and self-controlled. So when we act with kindness, love, gentleness, patience and forgiveness, we are living as **Spirit - filled** people.

Jesus promised his disciples that the Spirit would come to them, lead them and guide them in continuing to carry out his mission to the world.

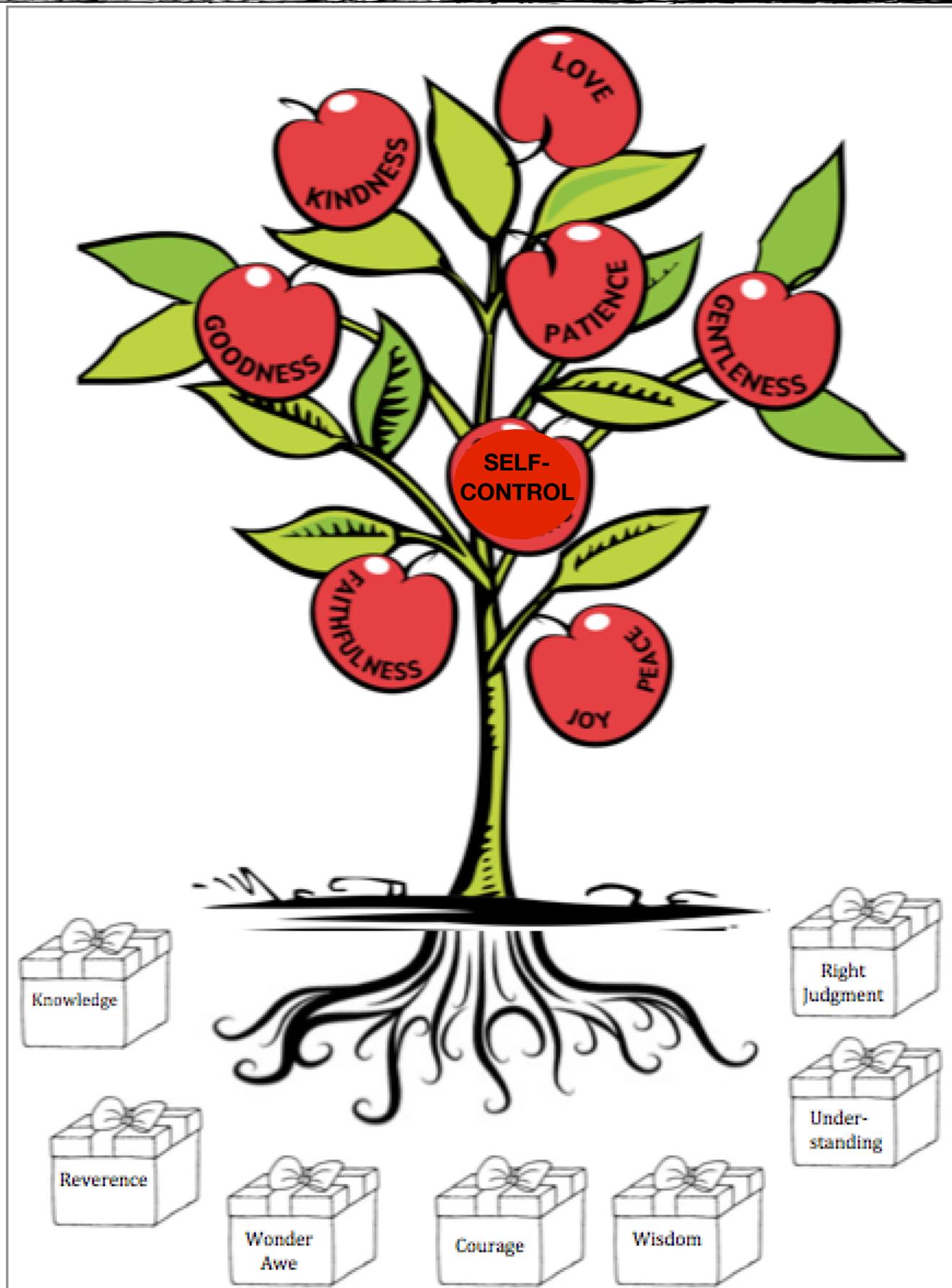
Jesus said 'The spirit will teach you everything and remind you of what I said when I was with you.' (John 14:25-26)

The Holy Spirit inspires each one of us to live good lives, to be kind and generous, to act with justice and respect towards all people, and to love one another as Jesus loves us.

The Fruits and Gifts of the Holy Spirit:

When we allow the **GIFTS** of the **Spirit** to work within us, our lives become more 'full' - more like what God intended for us. The results of accepting these **GIFTS** into our lives is that we bear '**FRUITS**' of the spirit. We live as people of God.

Inside each fruit write the name of a family member or friend that shows this gift.
Where would you put your name?



Fruits of the Holy Spirit:

Saint Paul lists nine of these fruits in his Letter to the Church in Galatians:

(Galatians 5:22-23)

“...the fruits of the Spirit are love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control...”

Read 1 Corinthians 13:4-8 to find out the name of this **greatest FRUIT** of the Holy **Spirit**.

This greatest **FRUIT** of the **Spirit** is always ‘patient and kind; it is never jealous, boastful, conceited, or rude; it does not seek its own advantage, take offence or store up grievances; it does not rejoice at wrongdoings, but finds its joy in the truth. It is always ready to make allowances, to trust, to hope and to endure whatever comes. It never comes to an end.’

Draw a picture to show this ‘fruit’ in your life:

Gifts of the Holy Spirit:

WISDOM

This is a gift that comes about over time. A wise person has learned how to look at life from all perspectives, to see and understand the whole picture of a situation. Someone who is wise can see how everything is part of God's love.
(Wisdom 7:14; Sirach 1:23, 14:20-27; Proverbs 2:1-6)

UNDERSTANDING

The ability to see from another person's heart, to feel the feelings of others and to put these before our own. It is letting the word of God have room in our lives.
(Wisdom 3:9; Proverbs 24-3)

KNOWLEDGE

The ability to find important information and facts and look at them objectively and intelligently. It helps us be aware of the world and our place in it.
(Proverbs 19:27; 24:3-5)

COURAGE or FORTITUDE

The ability to follow our convictions and conscience no matter what the cost. Courage gives us the strength to do what is right in spite of obstacles and difficulties.
(Psalms 118:6, 13-14; Philippians 1:12-14)

COUNSEL

The gift in which a person is open to others' insights about a problem and skilled at working with the people to solve that problem. It is about making right judgements on our lives. (Sirach 19:18; 32:16-19; 37:7-15; Proverbs 15:22)

PIETY or REVERENCE

The gift of reverence is honoring God, God's people and the gift of the world around us.
(Psalms 118:23-24, 29; Sirach 42:15-25; 43)

WONDER & AWE

The ability to be amazed by things in life, to be awake to the realization that we are always in God's presence. God created the beauty of the universe but also listens to us, cares for us, and loves us beyond all measure. (Isaiah 29-23; Sirach 32:13; 43:28-35)

When you were **baptised** your parents choose your **NAME**. When you are **confirmed** you get to choose the **NAME** of a *Saint* who you want to be like and have as a role model.

Here are some websites that can help with your search

<https://tinyurl.com/4Sacraments12>

<https://tinyurl.com/4Sacraments13>

What Saints name have you chosen to take?

Name 3 inspiring things about this person.

1)

2)

3)

Why did you choose this name.

Imagine someone was writing about you as a Saint 100 years from now.

What qualities/gifts that you have, would you like them to say about you?

1)

2)

3)

Rite of Confirmation:

When we celebrate the sacrament of Confirmation the bishop is the usual celebrant, but he may delegate this role to a local priest.

What happens at the sacrament of Confirmation:

- Candidates are presented to the Bishops
- The Bishop prays over them calling on them the presence of the **Holy Spirit**
- Candidates come forward to the bishop with their sponsor. The sponsor hands a card to the Bishop (or the priest assisting) which has the Christian name of the candidate and the **NAME** of the **SAINT** they have chosen.
- The Bishop **anoints** their forehead of the candidate whom he calls by name and he says the words '**Be sealed with the gift of the Holy Spirit.**'
- He then says '**Peace be with you**', to which the candidate says '**and with your Spirit.**'

When children are Baptised as babies their parents and godparents make **promises** on their behalf. At **confirmation** candidates are invited to answer for themselves when they are asked the following questions:

- Do you reject Satan, and all his works, and all his empty promises?
- Do you believe in God the Father almighty, Creator of heaven and earth?
- Do you believe in Jesus Christ his only son, our Lord, who was born of the virgin Mary, was crucified, died and was buried, rose from the dead and is now seated at the right hand of the Father?
- Do you believe in the Holy Spirit the Lord, the giver of life, who came upon the Apostles at Pentecost and today is given to you sacramentally in Confirmation?
- Do you believe in the Holy Catholic Church, the communion of saints, the forgiveness of sins the resurrection of the body and life everlasting?

This is our faith. This is the faith of the church. We are proud to profess it in Christ Jesus our Lord.

This is our Creed. We say it together at every mass, confirming our beliefs as a community.

AMEN

Jesus taught his followers that living as children of God means loving one another, forgiving one another, being of service to one another, being aware of people in need, and taking time to pray – alone and with others.

This is how we live the mission Jesus asked of us,

We are called to live and make the world a more peaceful and just place, we are called to reach out to others, welcome others and offer encouragement and support.

Jesus taught his followers that the most important things were:

‘Love the Lord your God with all your heart, soul and mind ...

and love others as much as you love yourselves.’ (Matt 22:34)



The Creed: <https://tinyurl.com/4Sacraments14>

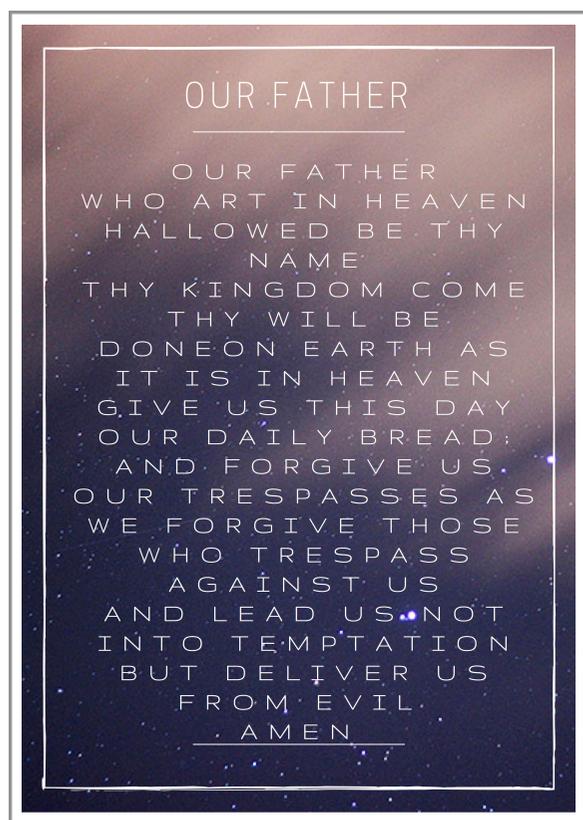
Eucharist

Eucharist video overview: <https://tinyurl.com/4Sacraments15>

"The Eucharist, although it is the fullness of sacramental life, is not a prize for the perfect but a powerful medicine and nourishment for the weak."

Pope Francis

Before you begin each session take a moment to be with God in prayer



The Eucharist is the 'source and summit' of Catholic life. At Mass we gather around the Word of God and around the Table to share in the same mystery which the apostles experienced at the Last Supper.

Eucharist is not about what you make happen.

It is about what God is doing in your life.

Eucharist is more than your body being in a church. It is about receiving, and being the body of Christ.

Eucharist is special because God brings salvation, forgiveness, compassion, love, mercy, and God's very self to you. God does all the work.

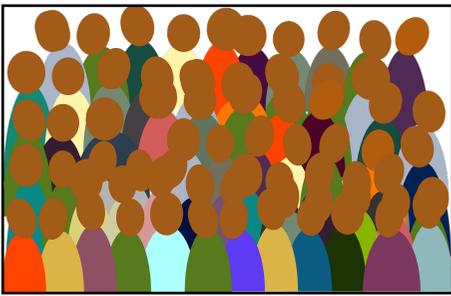
You however have a huge role to play! You need to be **open** to what God is doing. That's why we call it "**receiving**" First Communion—not "accomplishing," "earning," "performing," or "achieving" First Communion.

GOD PRESENT IN 4 WAYS:

When Catholics gather to celebrate **Eucharist**, we are reminded that **Hehu Karaiti - Jesus Christ**, is always here, **God** is always working in our lives.

We meet **Christ** in 4 ways during Mass, being aware of this helps us to become more like **Jesus** and gain a deeper understanding of **Eucharist**.

1) In the assembled people of God



4) In the form of Bread and Wine.



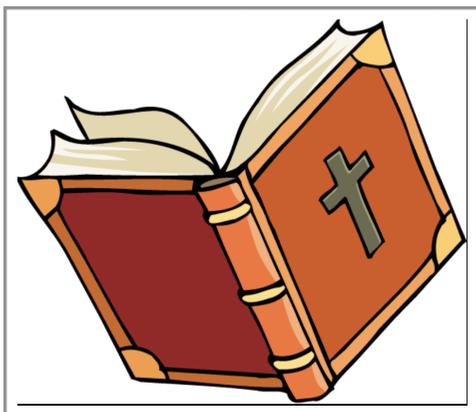
2) In the person of the celebrant



In **Eucharist** we do not use the bread and wine as *symbols* to represent something; like water at **Baptism** and the laying on of hands at **Confirmation**. As Catholics we believe the **Eucharist** is the **Real Presence** of **Jesus Christ**.

When we eat the bread **JESUS** becomes part of us, his **FLESH** is now our **FLESH**.

3) In the Word of God



The bread and wine become for us not just a sign of **Christ's** presence or a reminder of **Christ's** presence. They become for us the very **Body and Blood of Christ**. **JESUS** is present with us all the time, but in the **Eucharist**, we have a **Real Presence**; something substantial that we can touch, hold in our hands, taste, and consume.

The **Eucharist** is truly the presence of **JESUS**, **God**, in our midst. This is such a wonderful gift for us, because it reminds us that we are never alone.

Eating the living bread
bread sustains us in our
daily lives and offers us
hope.

One of the
Initiation
Sacraments.

Eucharist is available to us
daily or weekly. It strengthens
us to become merciful loving
people.

Awareness of the presence of
Hehu Karaiti in the Mass allows
us to appreciate the mystery of
Eucharist more deeply.

Eucharist strengthens in
us the life of Te Wairua
Tapu, the Holy Spirit.

The Eucharist is food
that nourishes the fruits
of the spirit in us.

The Eucharist although mystery is not magic. We
have to be open to receive God and work with
God if we want it to change our lives.

Circle three qualities you want Jesus to strengthen in you or add you own.

CARING **HELPFUL** *truthful*

generous *joyful* *forgiving* **patient**

peaceful **UNSELFISH** *brave*

merciful

The Foundation of the Eucharist:

When we celebrate the Eucharist we are doing what Jesus asked of his disciples at the Last Supper. In doing this we become aware of the presence of Hehu Karaiti- Jesus among us.

The Last Supper (Luke 22: 7-20)

Then came the day of Unleavened Bread on which the Passover lamb had to be sacrificed. Jesus sent Peter and John, saying, "Go and make preparations for us to eat the Passover."

"Where do you want us to prepare for it?" they asked.

He replied, "As you enter the city, a man carrying a jar of water will meet you. Follow him to the house that he enters, and say to the owner of the house, 'The Teacher asks: Where is the guest room, where I may eat the Passover with my disciples?' He will show you a large room upstairs, all furnished. Make preparations there."

They left and found things just as Jesus had told them. So they prepared the Passover.

When the hour came, Jesus and his apostles reclined at the table. And he said to them, "I have eagerly desired to eat this Passover with you before I suffer. For I tell you, I will not eat it again until it finds fulfillment in the kingdom of God."

After taking the cup, he gave thanks and said, "Take this and divide it among you. For I tell you I will not drink again from the fruit of the vine until the kingdom of God comes."

And he took bread, gave thanks and broke it, and gave it to them, saying, "This is my body given for you; do this in remembrance of me."

In the same way, after the supper he took the cup, saying, "This cup is the new covenant in my blood, which is poured out for you."



Structure of the Mass:

The Mass is made up of 4 main parts:

1) The Introduction, we **gather together**:

- Opening Prayer
- Welcoming
- Penitential Rite
- Gloria

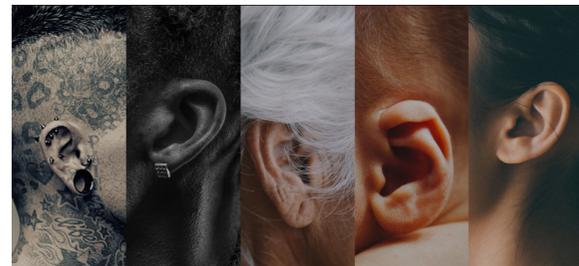
GATHER:



2) The Liturgy of the Word when we **listen**:

- Reading from the Hebrew Scriptures
- Psalm
- Reading from the New Testament writings
- Gospel
- Homily
- Creed
- Prayers

LISTEN:



3) The Liturgy of the Eucharist when we **eat** and share a meal:

- Preparation of the gifts (bread and wine)
- Eucharistic Prayer
- Receiving Communion

EAT:



4) The Conclusion when we **go out** into our communities:

- Final prayer
- Being sent out

GO OUT:



Why do we still celebrating mass like that today?

EATING:

Eating together is an important social ritual. The eating is enjoyable but often the conversations, friendship and sense of togetherness is even more important.

Draw or paste in a picture of some occasions when you have enjoyed shared meals. (Birthday, Christmas, family dinners etc)

Make a list of symbols and rituals that go with some of these meals:
e.g. Candles and a cake with the song Happy Birthday

How do these rituals/symbols make you feel? Would it feel right if you didn't have them?

e.g. Imagine celebrating a birthday with no cake and no singing ...

Eucharist is a celebration meal too. We gather together for **thanks giving** for a special purpose, and each of us a role to play and rituals to perform.

These rituals and symbols help us to engage at a deeper level, they assist us in being present to the reality of **Eucharist**.

GATHERING:

We join in many gatherings in our everyday lives. When we do, we have special rituals or activities for each of these: Discuss some of these times:

Special times: Christmas, New Years, Funerals/Tangihanga, Birthdays

Sad times: illnesses, deaths, leaving a place, goodbyes

Happy times: birthdays, holidays, anniversaries

At school: concerts, assemblies, sports days

At church: baptisms, weddings, Sunday Eucharist



Jesus and his friends also liked to gather and get together. They got together for many of the same reasons as we do, but also to listen to Jesus, the word of God, to be healed, to share meals, to celebrate, and to be blessed.

Luke 9:12-17 feeding the multitudes
Matthew 19:13-15 blessing the little children
Mark 14:17-25 the Last Supper

Draw a picture of the favourite place you like to get together with your family and/or friends.

LISTENING:

Our lives are very noisy. Everyday we have different messages thrown at us from many directions. We hear, friends, TV, family, teachers, advertising, social media and so many more. These messages have the potential to change your life and how you view your place in this world.

Use magazines to cut out pictures and create a collage that shows the types of messages media sends us:

During the Mass we are called to **'tune'** into 'life giving messages'. They come from the **people** we celebrate with, the **word of God** read to us, from the **priest**, and from the **Eucharist**.

GO FORTH:

By sharing in his **Body** and **Blood**, we are **united** more deeply with **Christ**, and become his presence in the world. We become the hands and the feet, the eyes, the ears and the heart of Hehu Karaiti - Jesus Christ.

By choosing to be Catholic we agree to continue the work **Jesus** begun here on earth.

At the end of the **Eucharist** the priest says to the people:

“Go in peace to love and serve the Lord.”

List different ways people can go into the world and show **aroha** for others, and continue the **mission** of the church.

Prayer of St Theresa reflection and prayer:

<https://tinyurl.com/4Sacraments16>

Belonging

We all love being part of a group or a club

List some clubs or groups that you belong to:

Discuss what type of things do you do at these clubs?

(meetings, outings, helping, activities, fun times, competitions etc)

When you have been initiated into the Catholic Community you become a member of another organisation:

Being part of the church is for EVERYONE, ANYWHERE, there are no boundaries and anyone can belong.



We belong to a small community called a **PARISH**: That just means a group of Catholic Christians living in a certain area and gathering together at a central place with a Parish Priest who is responsible for leading us.

NAME OF PARISH:

NAME OF PARISH PRIEST:

We are part of a bigger family called a **DIOCESE** which is led by a Bishop and he usually celebrates mass at a Cathedral.

NAME OF MY DIOCESE:

NAME OF MY BISHOP:

Our **Diocese** and all the **Diocese** of the **world** are part of an even bigger **family** called the **Universal Church**. This is led by a Pope who takes on the job given to St Peter by Jesus to led the Church on Earth.

NAME OF CURRENT POPE:

Where does he live?

YOU

Even though our church family is huge, we each have a very important part to play. Being a part of the church is a bit like being part of a piece of music - each note is important and necessary to make a piece of music sounds beautiful.



Being part of the church family means you have brothers and sisters everywhere in the world!

Just as you have **responsibilities** or **jobs** to do as part of your **family** at home, we have responsibilities within our church family.

List some of the jobs or **chores** you have at home:

As *Christians* we call this **responsibility** our **mission**. This is what God calls us to do to live full lives: God asks us to use our **GIFTS** to help others in our worldwide family to thrive and flourish.

The **jobs** we have are called **ministries** and there are many ways we can help within our church.

List some groups of ministries that are available at your Parish:

Here are some ideas to get you started: Helping the sick, visiting people, welcoming people to mass, helping with children's liturgy, being an alter server, reading, participating in the music groups

Life Long Journey of Faith

All members of the Catholic Church have shared in a similar journey through the Sacraments of initiation. Even though these Sacraments happen at a particular place and time they remain with us throughout our whole life. No matter what age we are the question is always there:

“What does it mean today to have been Baptised, or Confirmed or to have made my First Holy Communion?”

And always God and God’s Church is with us. So we pray,

