

## St. Aloysius Religious Education 2018-2019

### 1<sup>st</sup> Grade

- 4:00pm Welcome (Altar coloring page and *to ensure accuracy, class attendance must be accurately recorded by a catechist and not another student - class attendance is an official document retained by the parish and the diocese*)
- 4:05pm We Gather - in Prayer at the prayer table  
(*use colored table covering for appropriate liturgical season*)  
Use the Gospel Reading “Hearing the Word” from the previous Sunday in Celebrating Sunday for Catholic Families book in the prayer box
- 4:10pm Story time at the Prayer Table – a prime time to share our faith teaching children the Word of God. Read aloud the true story of God's amazing love for us in “*Catholic Book of Bible Stories*” written in reverent tone just for young children. Start at the beginning with “*God’s Wonderful Creation*” read a new story each week and use *God’s Blessing* to end the story.
- 4:15pm Review previous lesson using one of the pages from the Activity Book.
- 4:20pm **Chapter #25 “Many Gifts From God”**

**We come together for Mass each week to give praise and thanks to God. The Mass has two major parts: the Liturgy of the Word and the Liturgy of the Eucharist.** When we go to Mass; we gather, we tell stories and we share a meal. Liturgy is a public worship; it is the work of the Church. The Liturgy of the Word is part of the Mass with the readings from the Bible, “The Word of the Lord.” The Liturgy of the Eucharist is part of the Mass when Jesus becomes present in the Bless Sacraments and we receive him in Holy Communion.

Ask the students how they should prepare for Mass? What are the gifts God gives at Mass? How should you behave at Mass?

- *We Believe* -  
**Gospel** = the Good News of salvation brought to the world by Jesus. At Mass Jesus teaches us in the Gospel reading.
- *We Respond* – Our Father Wheel Craft
- *We Respond* – Extension for Kids Mission Magazine (RE will provide but it’s attached to this as well)

4:55pm Closing Prayer –

“Look down upon me good and gentle Jesus.  
I ask you to give me faith, hope, love and sorrow for my sins. Amen”

**“Do you remember a loved one, who has died, in a special way?”**  
**“How can you participate in Mass?”**

# EXTENSION

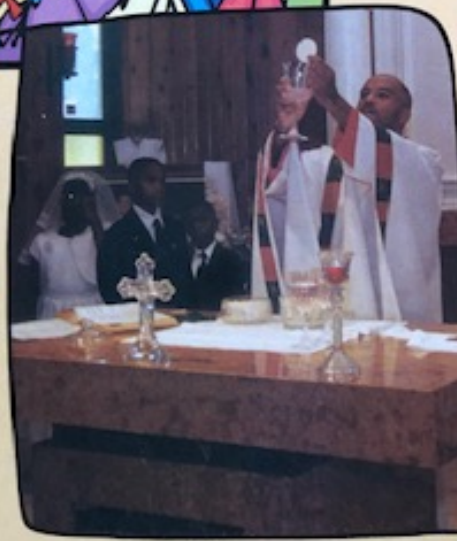
Mission Magazine

*for Kids*

VOLUME 8



**T**he Holy Sacrifice of the Mass gives us food for the life of our souls. Just as Jesus was with the Apostles at the Last Supper, so He comes to us through the Eucharist.



# Why the Eucharist?

The Church has seven sacraments. But the **Eucharist** and **Reconciliation** are very special because they are ones that you can receive again and again. It's good to receive them often, because both of these sacraments bring you closer to God.

You usually receive the Eucharist at **Mass**, which has two parts.

First comes the **Liturgy of the Word**. God comes to us through our ears and minds in readings from the Bible, God's Holy Word.

The other part of the Mass — the **Liturgy of the Eucharist** — is another special way that God comes to us. This is the time when the bread and wine on the **altar** are changed into the **Body and Blood of Jesus**.

This sacrament came from Jesus' own words at the **Last Supper**. Listen carefully as the priest prays over the bread and wine:

*Jesus broke the bread, gave it to His disciples, and said, "Take this, all of you, and eat it: this is My Body, which will be given up for you."*

*When supper was ended, He took the cup...gave (it) to His disciples, and said, "Take this, all of you, and drink from it: this is the cup of My Blood... which will be shed for you."*

These words also recall how Jesus gave His life — His Body and Blood — for us on the Cross on Good Friday, too. That is why this also is called the **Sacrifice of the Mass**.

After He gave the disciples the bread and cup,



Jesus told them, "Do this in memory of Me." That is why we do these same things at every Mass today.

We understand that when the priest says the special prayers at Mass, what looks like ordinary bread and wine actually becomes Jesus. It's the closest we come to heaven while we are still here on earth!

It doesn't look or taste any different when we receive it at Communion time. However, we are taking Jesus into our lives when we receive the host and drink from the cup.

That is why **Pope John Paul II** wants everyone to treat the Eucharist with the

greatest respect. In fact, the new instructions for the Mass that the Pope recently sent out tell us how we can best do this:

- ✦ Prepare yourself to receive Jesus by **not eating or drinking** anything (except water or medicine) one hour before Holy Communion.
- ✦ When you enter and leave church, **genuflect** towards the tabernacle, where the Eucharist is.
- ✦ Right before you receive Communion, **bow** your head and say aloud "**Amen**" after you hear "The Body of Christ" and "The Blood of Christ." **Amen** is a Hebrew word meaning "it is true. I believe."
- ✦ And, of course, **be attentive** and **quiet** during the parts of the Mass when the priest is praying. When everyone prays out loud or sings, however, be sure to join in!

There's a reason that Jesus chose bread to change into His Body through the Eucharist. Almost every culture uses some form of bread — **tortillas, pita bread, matzoh** — as basic food. Jesus called himself "the **living bread** that came down from heaven."

## 'Sacred bakers' at work in Arizona

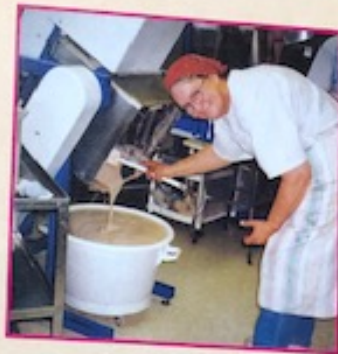
Every Sunday, an estimated 26 million hosts are needed for Holy Communion — just in the United States. Before large companies took over most of the baking, religious sisters made most of the bread wafers.

Today sisters in a handful of places, such as the Cistercian Nuns of the Strict Observance in Sonoita, Arizona, still carry on this holy work.

Nine of the 12 sisters who live at Santa Rita Abbey bake hosts two to three times a week. It takes five days to cut and package the hosts. Instead of their usual nun's habit, the sisters wear blue jeans and head coverings while they work.

The flour-and-water "batter" is mixed in a special mixer, and a mechanical "wand" pours the exact amount of batter onto a baker heated to 400 degrees. Because the wafers are so thin, they bake very quickly — in about one minute.

The breads are stacked and placed in a humidifier overnight to soften. The next day, a computerized machine cuts the individual hosts from as many as 56 sheets at a time. Lines that make it easier to break are stamped



onto larger hosts made for the priest (see page 4).

In a typical week, the sisters can produce as many as 300,000 hosts. They serve more than 370 parish "customers" all over the United States and have had inquiries via the internet from the Pacific islands and Russia!

Sister Rita McCarthy, who directs the bakery, says the sisters still gather for their normal prayers seven times a day — even when they are baking.

"Our life of prayer just comes alive," she says, when they prepare the bread that will become the Body of Christ for thousands.

### A recipe for altar bread

Instead of hosts, some parishes make their own bread for Mass. This bread is flat like the bread that Jesus would have used at the Last Supper because it has no yeast. Here is an official recipe:

#### EUCCHARISTIC BREAD

1/2 cup whole wheat flour  
1/2 cup unbleached white flour  
1/2 cup very cold water

Mix flours and water thoroughly. Then turn the dough onto a floured board and knead it well for 6 to 8 minutes until smooth and pliable. Roll dough out into a circle about 7 inches across and 1/2 inch thick. Bake on a non-stick pan for 20 minutes at 375 degrees.

(\*Note: Your oven may require longer baking time.)

Source: *Diocese of Great Falls-Billings, Mont.*

# At the Altar

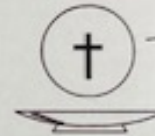
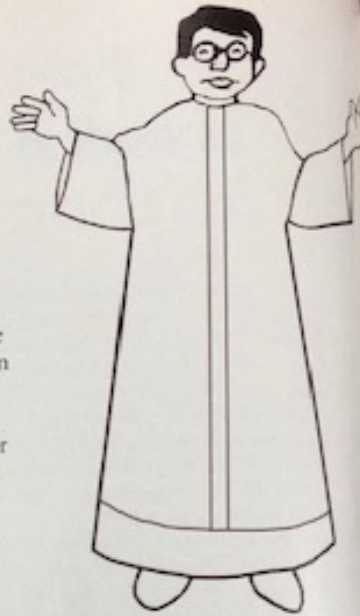
Only a priest (or bishop or the Pope) has the power to change the bread and wine into the Body and Blood of Jesus. When the priest is at the altar, he uses certain items for the Sacrifice of the Mass.

Next time you attend Mass, look closely for these items and how they are used. Then cut out the altar at right and paste it on a large piece of paper. Color the objects below, cut them out, and place them in the same places that you saw them at Mass.

**Crucifix & Candles** — Items that must be at or near the altar at every Mass



**Roman Missal (Sacramentary)** — Book of prayers the priest uses during Mass.



**Celebration** — Items used during Mass

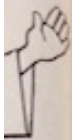
**Paten**

**Chalice** — Precious vessel for the wine

**Purificator** — Cloth to wipe the chalice

**Ciborium** — Precious vessel for the hosts

**Corporal** — Cloth used by the priest and ciborium



**Celebrant's Host** — The priest (who's called the *celebrant*) often has a larger host that he holds up during Mass and breaks into pieces just as Jesus broke bread at the Last Supper.

**Paten** — Special plate that holds the host.

**Chalice** — A special kind of cup, usually made of precious metal like gold or silver, that the priest pours the wine and a little water into before it becomes the Precious Blood of Jesus.

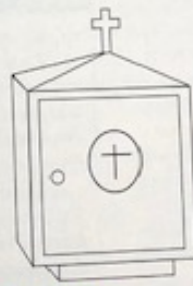
**Purificator** — A linen cloth that the priest uses to wipe the chalice after Communion.

**Ciborium** — Another cup, like the chalice, or sometimes a plate. It is used to hold the Body of Christ.

**Corporal** — Cloth that the priest places under the chalice and ciborium during Mass.



**Cruets** — Small vases that hold the water and wine before they are poured into the chalice.



**Tabernacle** — A case, which could be made of wood, stone or metal, where the Blessed Sacrament is kept in a covered ciborium after Mass.

# Eucharistic Adoration:

## A special visit with your best friend



**H**ave you ever had a wonderful friend — someone so special you wanted to spend as much time as you could with that person?

When we receive Our Lord in Holy Communion, we're opening our hearts to the most wonderful friend we'll ever have — the One who gave His life for us.

Pope John Paul II said that Jesus' presence in the Blessed Sacrament should be so dear to people that they should receive and visit Jesus as often as they can. He called the Eucharist "the Church's treasure."

You can visit the Blessed Sacrament any time Jesus is present. You'll know He's there when the sanctuary light (usually a red candle) is lit by the tabernacle.

A special time of visiting with Jesus outside of Mass is known as **Eucharistic Adoration**.

The consecrated host — the Body of Christ — is displayed, for people to quietly visit. Some churches set a special time for this once a week, others once a day. Some keep a 24-hour visit that's called **Perpetual Adoration**. At least one adult volunteers to be there at all hours of the day — even at 3 a.m.!

Children can participate in adoration, too. In

San Antonio, Texas, Sister Angela Ros arranges after-school prayer groups to help children pray and visit with the Lord. The classes are for students from kindergarten to 8th grade. More than 200 students have taken part in the adoration program during the school year.

Annie Kennedy, a third-grader at Holy Spirit

Academy, is one of the students. Annie made her First Communion last year, but she likes going to the Adoration chapel before Mass because it's a "special place" to visit Jesus.

Her brother Sean, a sixth-grader, sometimes prays the Rosary when he goes. Sean, 11, has made rosaries for the adoration chapel near his grandparents' home in Mankato, Minnesota.

When he visits with Jesus, Sean prays for his grandfather, who is sick, and also for peace. And sometimes when he has a math test coming up, he stops in to say a little prayer after he studies.

Sister Angela tells her students that talking to

Jesus should be like talking to their best friend.

"Tell Him what you have in your heart," Sister says to all of her students.

"You should know that you can always go to Jesus for everything."

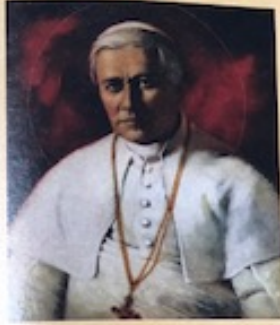


The Monstrance

**Monstrance** is the name for the sacred vessel that is most often used to display the Body of Christ during Eucharistic adoration. The word "monstrance" comes from the Latin word meaning "to show."

The **lunette** is the round glass case in the center of the monstrance that actually holds the consecrated host. Its name comes from the Latin word for "moon."

## Two Saints inspired by the Eucharist



### St. Pope Pius X

For many years, children were not allowed to receive Communion until they were 10, 12 or even 14. But Pope Pius X changed that in 1910.

Because of his love of the Blessed Sacrament and his wish that all people would receive Jesus as often as they could, he is known as "the Pope of the Eucharist."

"Holy Communion is the shortest and surest way to heaven," he once said.

The Pope had always felt that it was wrong to keep children from receiving the Lord at Communion. He changed the rules so that children could start receiving the sacrament by age 7.

"Children from their tenderest years should cling to Jesus, live His life, and find protection from the dangers of corruption," he said.

It is reported that hundreds of children came to Rome to thank the Holy Father for allowing them to receive the Blessed Sacrament. You can thank him on his feastday on September 3.



### St. Tarcisus

St. Tarcisus (TAR-SIS-ee-us) is known as the "Boy Martyr of the Eucharist." According to tradition, Tarcisus was entrusted to sneak Communion to Christians who were in prison in Rome because of their belief in Jesus.

One day a gang of non-believers stopped Tarcisus and demanded to know what he was carrying. Knowing that they would not respect the Eucharist he had hidden beneath his cloak, he refused to show them. They beat him to death with rocks and clubs.

Miraculously, however, when the mob searched his clothes, they found no trace of the Blessed Sacrament that Tarcisus had defended so bravely.

Because of his great devotion to the Eucharist, St. Tarcisus is honored today as the patron of First Communicants. You can pray for your own strength in faith on his feastday August 15.



What  
do you call  
this sacrament?

Holy Communion

Blessed Sacrament

The Eucharist

The Real Presence

Body and Blood  
of Christ



## Blessed are those who can go to Mass every day!

There are many parts of the world — and even the United States — where Mass is a special treat that everyone, young and old, looks forward to.

That's because some places are so far from anything that a priest may only come for Mass once a month. That's true in parts of northern Alaska, where there are no paved roads, and on some islands of the Marshall Republic, scattered across 500,000 square miles of Pacific Ocean.

Many places may have only 10 or 20 families, which means there aren't enough people to have a priest stay with them full-time — and sometimes they may not even have a church.

There also aren't enough priests to go around! Churches in large cities like New York or Denver or Seattle may each have one or more priests. But those in America's rural countryside may have only one priest for four or five churches!

When no priest is available, a deacon, sister or layperson may have a special prayer time with the people, at which they can receive Holy Communion.

So next time you go to Mass and receive Communion, think about how lucky you are! Many other people wish they were as blessed as you!



*This fishing camp in Alaska is one of four small communities near the Arctic Circle that share one priest!*

### YOU CAN BE A MISSION HELPER!

Pray daily for places that do not have Mass — that the people living there do not lose their faith.

Pray, too, for more vocations — more priests, sisters, brothers and lay missionaries to serve these parts of our own country and the world.

### Many places are lucky to have Mass once a month!



Learn more about the missions in our country at Catholic Extension's website:  
[www.catholic-extension.org](http://www.catholic-extension.org)

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