

Together  in Jesus

# FIRST EUCHARIST

MY FAMILY  
ACTIVITY & MEMORY BOOK

Pflaum Publishing Group

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## Background for Parents and Caregivers

One of the prime ways we remember Jesus as a Catholic community is through the Church Year. Throughout the year we celebrate the full mystery of Jesus' life: his birth, his life and teachings, his suffering and Death, his Resurrection and Ascension. As we remember Jesus' life two thousand years ago, we're called to live the mystery of his birth, life, Death, and Resurrection in our own daily lives.

### Making Jesus Christ Present

Each Sunday, as we gather as a community to celebrate the Eucharist, we help to make Jesus Christ present today. We meet him through participating in the Sundays, feasts, and seasons of the Church Year. At Mass, when we listen to the Scriptures, God is speaking to us. When we receive the Eucharist, we draw closer to Jesus as well as gain strength for our daily lives to do what he did: to respond to the needs (small and large) of the people around us.

There is much that children can learn through books and faith formation sessions. But we celebrate and experience Jesus, our faith, and who we are called to be through our regular participation in the Sunday liturgy in our parish. The Eucharist is the center of our Catholic life. All that we do in our daily lives leads to it; all our decisions, words, and actions flow from it.

**“But do we not have in the Eucharist the living, true, and real Jesus present before us? Why look for more?”**

*—Saint Teresa of Ávila*

Scan the code to view the  
Parent Guide for Lesson 2.



# LESSON 2 SCRIPTURE ACTIVITY

## JOHN 13:1-17

Jesus did two things at the Last Supper: He gave us his very life under the appearance of bread and wine, and he washed the Apostles' feet. Jesus was showing us that receiving the Eucharist means serving others. (Servants in Jesus' time washed guests' feet because people walked on dusty roads in sandals.) We "wash feet" today by helping and serving people, caring for them, and making life better for them.

Fill out the following three "coupons" that will remind you of ways you can serve someone in your life.

I promise to serve

with my love and caring.

When they could use help, I will

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I promise to serve

with my love and caring.

When they could use help, I will

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I promise to serve

with my love and caring.

When they could use help, I will

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## LESSON 2 DOCTRINE ACTIVITY

We remember Jesus in many ways. We remember him each day in the loving actions we do and in the generous actions of others. As a community we remember Jesus in a special way each Sunday at Mass. During the entire Church Year, we remember many of the events in Jesus' life: his birth, his teachings, his suffering and Death, and his Resurrection and Ascension.

Pick two events in Jesus' life that we celebrate during the Church Year (listed below) and draw or write how you and your family can celebrate those days and remember Jesus. (Think about what you do at church and what you could do at home to remember Jesus.)

**Christmas** (Jesus' birth)    **Holy Thursday** (the Last Supper)  
**Good Friday** (Jesus' suffering and Death)    **Easter** (Jesus' Resurrection)  
**Pentecost** (Jesus sends the Holy Spirit)    **Each Sunday**

## LESSON 2 FAMILY ACTIVITY

When your family celebrates Mass each Sunday with your parish family, you hear God's Word; give thanks to God for his many gifts, especially Jesus; and receive the Body and Blood of Christ. All of Sunday is the "Lord's Day." In addition to going to Mass, we rest from work, spend time with God and with the people in our lives, and take time to enjoy life.

As you look at the possibilities below, circle three that your family will do during the next few Sundays. Take a picture of your family doing one of them and paste it on this page.

Invite another family to your home for dinner and games.

Make cookies for someone who is lonely or ill.

Take a walk, enjoying God's world.

Talk about what you want to remember from the Sunday homily.

Create an "I am thankful for \_\_\_\_\_" poster.

Read a book together that helps you learn more about Jesus.

Call or video chat with a relative or friend you haven't seen in a long time.

Visit someone in a nursing home.

Write thank-you notes to people important to you.

Read a psalm together. Then write your own family psalm.



### FAMILY PRAYER

Write a family prayer to pray each Sunday, then decorate it and place it on your dinner table. You might want to use some of these words or phrases: *family day; your Word; thank you; the Lord's Day; love; goodness; celebrate; Jesus' Resurrection; with you; be close; blessings; week ahead; how to live; every moment.*