

## RELIGIOUS EDUCATION : SACRAMENT – EUCHARIST – GIVING & RECEIVING – YEAR 3

### \*Note to teachers/parents and carers.

This work comes from the Come and See Religious Education programme which is taught in all Catholic primary schools in the Archdiocese of Liverpool. We have given a general guide to the learning opportunities that children may have come across under normal timetabling in school. We have suggested and selected a small amount of the programme. The activities aim to keep Religious Education practical and fun. They are in Year groups however, there is no harm in completing other year group work as this will help children to remember and strengthen their learning.

The first part of learning is called – **EXPLORE**. This shares your child's everyday experiences and helps them to see how the Catholic faith is lived in their everyday lives. The second part, called – **REVEAL** shares bible stories and Church tradition that links to their everyday life.

This theme is a **SACRAMENTAL** theme, and the children will be studying the sacrament of Holy Eucharist – Holy Communion. For Christians, communion has a significant meaning. To receive communion means being in union with Jesus Christ and with one another. It means breaking and sharing the consecrated Bread which Catholics believe is the Body of Christ. To celebrate Eucharist means community. It challenges believers to ask, 'Can I share this Eucharist if I do nothing to help my brother or sister who is hungry?' 'Can I partake of this communion if I refuse to forgive a wrong?'

Different names include:

**Eucharist**, (Thanksgiving) because it is an action of thanksgiving to God.

**The Lord's Supper**, because of its connection with the supper which the Lord took with his disciples on the eve of his Passion.

**The Breaking of Bread**, because Jesus used this Rite, part of a Jewish meal, when as master of the table he blessed and distributed the bread, above all at the Last Supper. It is by this action that his disciples recognised him after his Resurrection.

The **memorial** of the Lord's Passion and Resurrection.

The **Holy Sacrifice**, because it makes present the one sacrifice of Christ the Saviour and includes the Church's offering.

**Holy Communion**, because by this sacrament we unite ourselves to Christ who makes us sharers in his Body and Blood to form a single body.

**Holy Mass**, (Missa) because the liturgy concludes with the sending forth (missio) of the faithful, so that they may fulfil God's will in their daily lives. (cf 1328-1332)

**In Year 3**, the children will be studying the topic of **LISTENING and SHARING**. The Eucharistic celebration consists of two parts. The first part is the Liturgy of the Word, where Christians listen to God's Word in the readings, listen to the homily and the prayers of the Faithful. The second part of the celebration is the Liturgy of the Eucharist. Here the gifts are prepared, the Eucharistic prayer expresses thanksgiving and Communion is shared. **There are extra notes on the Sacrament of Eucharist for your reference.**

**EXPLORE** – Listening and sharing with one another.

At the end of EXPLORE:

Children may be able to **ask and respond** to questions about their own and others’ experiences and feelings about listening well and sharing.

Children may begin to **make links** to show how feelings and beliefs affect their own and others’ desire to listen and to share.

Children may be able to **ask questions** about what they and others wonder about the joys and difficulties of listening and sharing and may realise that some of these questions are difficult to answer.

Children may begin to **compare** their own and others’ ideas about the questions of how and why we listen and share and that these questions are difficult to answer.

## Stone Soup

Heat some water in a pot,  
Add a stone you’ve scrubbed a lot.

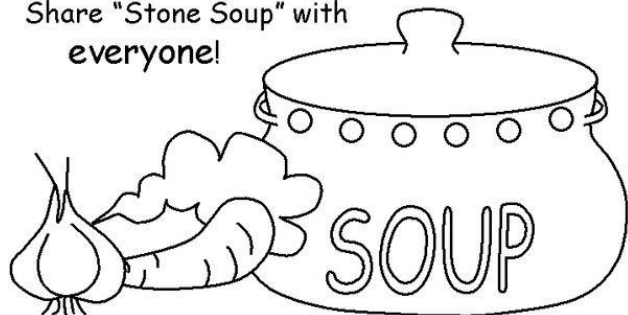
Sprinkle pepper, salt and herbs,  
Let it boil undisturbed.

Drop in carrots, onions too,  
Let the soup heat through and through.

Stir in milk to make it sweet,  
Add potatoes for a treat.

Toss in ham bones. Let it stew,  
Let it bubble. Let it brew.

Taste the soup and when it’s done,  
Share “Stone Soup” with  
everyone!



### Share the story of Stone Soup and discuss it together.

One day, a poor man was walking along when he came to a village. As he approached it, the villagers thought, ‘Here is a beggar and we don’t have much ourselves’. They started going towards their homes, hoping he would go away, and they would not have to share anything.

The man called out that he was hoping for somewhere to sleep and a meal. The villagers told him to go away and that they had not got enough to eat themselves. The man told them he had everything for a meal and that he was thinking of making stone soup for everyone. He took a stone out of his pocket and an iron cooking pot out of his bag.



He started to build a fire and fill the pot with water. He put his stone into the boiling water. The villagers came out of their houses and watched as the man sniffed the contents of the pot and licked his lips. “That is good,” he said, “it just needs a pinch of salt and some parsley.”



"I can give you some," a villager responded, and she returned with parsley, salt and a cabbage.

"Thank you," remarked the man, "I once had stone soup with cabbage and some carrots and it was really delicious." Then another villager said, "Well, as it happens, I do have a few carrots." He returned with some carrots and a turnip. So, it went on until there were potatoes, onions and mushrooms. Someone even had some loaves of bread.

When it was ready everyone sat down and enjoyed a really lovely soup. There was enough for the entire village. When the man left the next morning, one of the villagers, stopped him and said, "I would like to buy your magic stone. You have given us the greatest of gifts the secret of how to make soup from stones. We shall never forget." The man replied. "The stone is not the greatest gift, but sharing is. It is only by sharing that we may make a feast."

## SOME KEY QUESTIONS

- Q What do you think of the villagers?
- Q Why were they afraid to let the man into their homes?
- Q What started the sharing?
- Q What lesson did the villagers learn?
- Q What is the cost of sharing?
- Q What are the joys of sharing?

Some questions  
to think about  
and answer.....

The Sharing Song by Jack Johnson

Share a beat that never ends



### Activities to choose:

- During the COVID pandemic, the local food banks have been very important in sharing food with those who have needed some. Can you find out about the joys and cost of sharing food with others? Design a poster asking for donations to the local foodbank and try to get it published on your school website or send it to your local shop asking them if they can put it in their window.
- Make and share a vegetable soup together. You could use the recipe above, but you might like to leave the stone out!! Discuss what you have done together and how you feel about the experience.

## REVEAL – Listening to the Word of God and sharing in Holy Communion.

### At the end of REVEAL:

Children may be able to use religious words and phrases to **describe** the actions and symbols used during the celebration of the Eucharist.

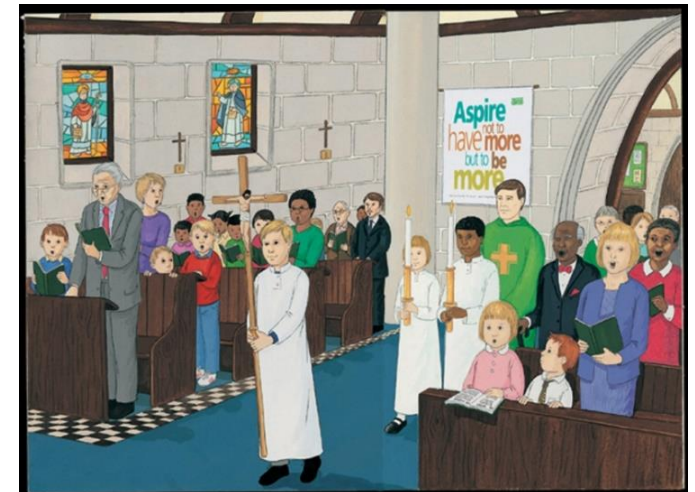
Children may be able to **describe** some ways in which Christians share God’s love with others.

They may be able to **give reasons** for actions and words used during the celebration of the Eucharist and for why Christians want to share the Good News of Jesus.



On Sunday, members of the parish family come together to share the Sacrament of the Eucharist. Welcomers greet the people as they come into the church and give them the books they need. The musicians get their music ready. The altar servers and the priest put on their vestments. When the time comes to begin Mass, someone rings a bell, and everyone stands up to sing the Gathering Hymn. The servers then come in followed by the priest.

The priest and people make the Sign of the Cross as the priest says, “In the name of the Father and of the Son and of the Holy Spirit.” and the people respond, “Amen!” He welcomes the parish family using the words, “The Lord be with you.” Everyone replies, “And with your spirit.”



### PENITENTIAL RITE

The Eucharist is the Church's thanksgiving for the life, death and resurrection of Jesus. It is the sacrament of God's love, mercy and forgiveness.

So the priest invites the people to call to mind our need for God's mercy and forgiveness.

After a moment of silence he may say:

You were sent to heal the contrite of heart: Lord, have mercy.

Congregation: Lord, have mercy.

You came to call sinners: Christ, have mercy.

Congregation: Christ, have mercy.

You are seated at the right hand of the Father to intercede for us: Lord, have mercy.

Congregation: Lord, have mercy.

The priest says: May Almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

Congregation: Amen.



- Q Why do members of the parish family come together on a Sunday?
- Q How do the people prepare for Mass?
- Q What happens during the gathering?

### Activities to choose:

- Write a short account describing and giving reasons for some of the things which happen when people gather to celebrate Mass.

After the priest has greeted everyone there is the opportunity to say sorry for anything we may have done wrong. This is called the *Penitential Act*. It prepares the parish family for the celebration of the Eucharist. The response to God's mercy and forgiveness is a song of praise called the *Gloria*, a prayer praising and glorifying God which also prepares people for listening to God's Word. The first words remind us of the heavenly message to the shepherds when Jesus was born, *Glory to God in the highest*.

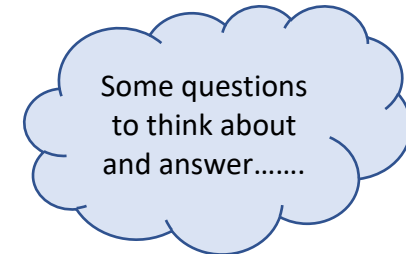
# GLORIA

***Glory to God in the highest,  
and on earth peace to people of good will.***

***We praise you,  
we bless you,  
we adore you,  
we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father.***

***Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God, Son of the Father,  
you take away the sins of the world, have mercy on us;  
you take away the sins of the world, receive our prayer;  
you are seated at the right hand of the Father,  
have mercy on us.  
For you alone are the Holy One, you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit, in the glory of God the Father. Amen.***

- Q Why is the Gloria said after the Penitential Act?
- Q What makes you think of the Christmas story when you hear the first words?
- Q Why do Christians want to give glory to God?
- Q Which are your favourite lines of the Gloria and why?
- Q What does it say about God and about Jesus Christ?
- Q How do you think praying the Gloria makes people feel?



### **Activities to choose:**

- Choose the words in the Gloria that you like best. Say why you like them and how these words might prepare people to listen to God's Word.
- Write your own version of the Gloria giving glory and praise to God for God's goodness to you today. Decorate it with suitable symbols of praise and glory.

During the **Liturgy of the Word**, the readings proclaim the message of God’s love and truth, mercy and forgiveness as it has been told by the People of God in the Old and New Testaments. On Sunday at Mass there are three readings for the people to listen to.

The first reading is usually from the Old Testament. It is followed by a Responsorial Psalm. The second reading is usually from one of the letters in the New Testament. At the end of each reading the reader says, “The Word of the Lord.” And everyone replies, “Thanks be to God.” Members of the parish family will read these readings, and everyone sits and listens during this time.

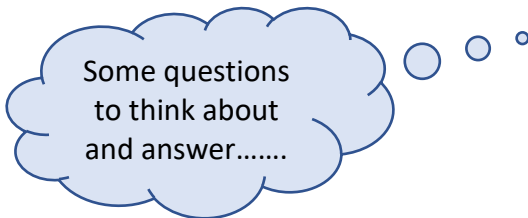


When the Gospel is proclaimed, there are a few differences to show how important this reading is. It is read by the priest or the deacon, if there is one present. Everyone stands and joins in the singing of the Gospel Acclamation. Often two altar servers with lighted candles will stand either side of the lectern, called the ambo. The priest or deacon makes the Sign of the Cross on the page of the Gospels, his forehead, lips and heart. The people also make the Sign of the Cross on their foreheads, lips and heart, in preparation to hear the Good News of the Gospel of Jesus Christ. We make the Sign of the Cross on our foreheads to show we believe in God’s Word, on our lips to show we try to speak God’s Word to others, and on our hearts to show we love God’s Word and will try to live a good life. Christians believe that God speaks through the Scriptures and that the Gospel is the Good News.



### Gospel Greeting

*The Priest makes the Sign of the Cross with his thumb on the first word of the book he reads from. We respond with the words Glory to you, O Lord, while making a Sign of the Cross with our thumb on our forehead, lips and heart.*



- Q What is the Liturgy of the Word?
- Q Why does God speak to us through the Scriptures?
- Q Why is it important to listen?
- Q Why do you think there is a difference in the way the Gospel is proclaimed and who reads it?
- Q What preparation do people make to hear the Gospel? What do you think this means?
- Q In what ways is the Gospel ‘Good News’ for the followers of Jesus?

### **Activities to choose:**

- Write down what happens at the proclamation of the Gospel. Include the words and actions which are used at this time and give reasons for the words and actions of the priest/deacon and the people. Use the grid below if it helps you.

The Proclamation of the Gospel		
What?	Who?	Why?



At the end of the Liturgy of the Word, the priest and people together say the Creed, which is a statement of what they believe. It starts with the words *'I believe in one God'*.

The second part of the Mass now begins. It is called the ***Liturgy of the Eucharist***.

Now members of the parish family carry the bread and wine up to the altar from the table at the back of the Church. (Bread and wine were part of the staple diet at the time of Jesus.) The collection is taken and brought up to the altar with the gifts. All these gifts represent the giving of ourselves to God and one another. Once the priest has received the gifts of bread and wine he stands at the altar and offers these to God and praises God for providing them.

The priest holds up the bread and says: *"Blessed are you, Lord, God of all creation for through your goodness we have received the bread we offer you: fruit of the earth and work of human hands. It will become for us the bread of life."*

The parish family join in with this blessing and say: *"Blessed be God for ever."*





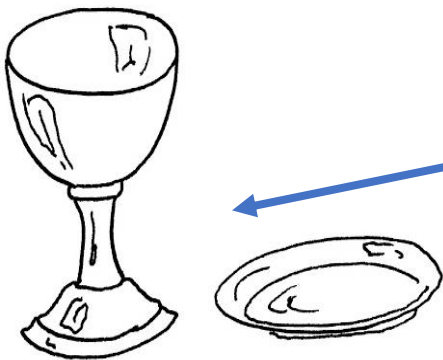
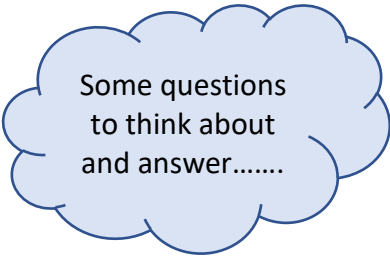
He holds up the wine and says:

*"Blessed are you, Lord, God of all creation for through your goodness we have received the wine we offer you: fruit of the vine and work of human hands. It will become our spiritual drink."*

The parish family join in with this blessing and say:

*"Blessed be God for ever."*

- Q What gifts are brought in procession to the altar?
- Q Who brings the gifts to the altar?
- Q Who receives the gifts?
- Q What does the priest do with the gifts?
- Q What do the gifts of bread and wine represent?



**Activities to choose:**

- Find out what these vessels are called. Draw and label them, say where they are used and describe how they are used.
- All the gifts represent the 'Giving of ourselves to God and one another'. Use this phrase and build descriptions around it to say how and why we should live this out in our daily lives. e.g. collecting for the local foodbank, because we are sharing food with others, visiting sick people, helping those who are housebound as Jesus showed us. Can you link this to any scripture you know?

Next is the Eucharistic Prayer which gives thanks for all God's goodness. The greatest of all gifts is Jesus and in this prayer the Church remembers the special meal of the Last Supper Jesus had with his friends. This is a time when the priest speaks the words of the prayer and the parish family listen carefully and pray quietly in their hearts. Holding the host, the priest says the words Jesus used at the Last Supper:



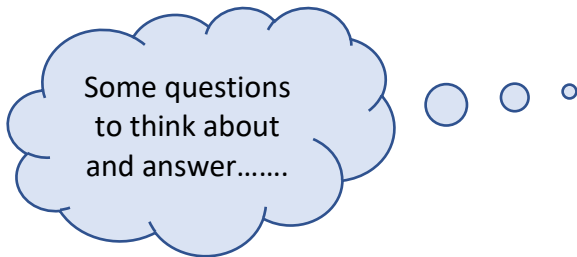
*“Take this, all of you and eat of it; for this is my Body, which will be given up for you.”*  
(Jesus’ words mean ‘This is my living presence today, this is myself, this is me’.)

Holding the chalice, the priest says,

*“Take this, all of you and drink from it;  
For this is the chalice of my Blood, the Blood of the new and eternal covenant\*.  
(This means Jesus being with us in the past, the present and in the future.)  
which will be poured out for you and for many for the forgiveness of sins,  
Do this in memory of me.”*

By the power of the Holy Spirit the bread and wine have now become the Body and Blood of Jesus.

At the very end of the Eucharist Prayer everyone says ‘Amen!’, which is a Hebrew word that means ‘let it be so’, ‘we agree’.



- Q What kind of prayer is the Eucharistic Prayer?
- Q When we celebrate the Eucharist, what are we thanking God for?
- Q What links the Eucharistic Prayer to the Last Supper?
- Q What did Jesus mean when he said, “This is my body”?
- Q Why do you think Jesus chose bread and wine as symbols to remember him by?

**Activities to choose:**

- Using the word ‘Amen’ as prayed at the end of the Eucharistic Prayer, describe what people are agreeing to.
- Use the pictures opposite to describe what is happening in the Eucharistic Prayer. Include what the priest is saying and the gestures he makes during the Eucharistic Prayer.





Everyone prays the *Our Father*, the prayer which Jesus gave his friends. Then the priest prays for peace and then he says,

*“Peace be with you”* and people respond: *“And with your spirit.”*

The priest/deacon then invites everyone to share a Sign of Peace. People say, “Peace be with you,” to one another.



Everyone prays or sings the prayer; *‘Lamb of God...’*.

The priest invites people to come to Communion. He holds up the sacred host and chalice and says,

*“Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.”*

The people respond by saying,

*“Lord I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.”*



The priest receives the Body and Blood of Christ, (Holy Communion) and gives Communion to the Extraordinary Ministers of Holy Communion and servers. Then the people come in procession to receive Communion. The priest or Extraordinary Ministers of Holy Communion hold up the host to each person saying,

*“The Body of Christ.”* They do the same with the chalice saying, *“The Blood of Christ.”*

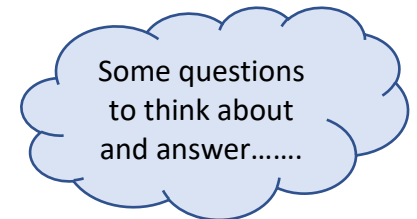
Each time the person responds, *“Amen!”*

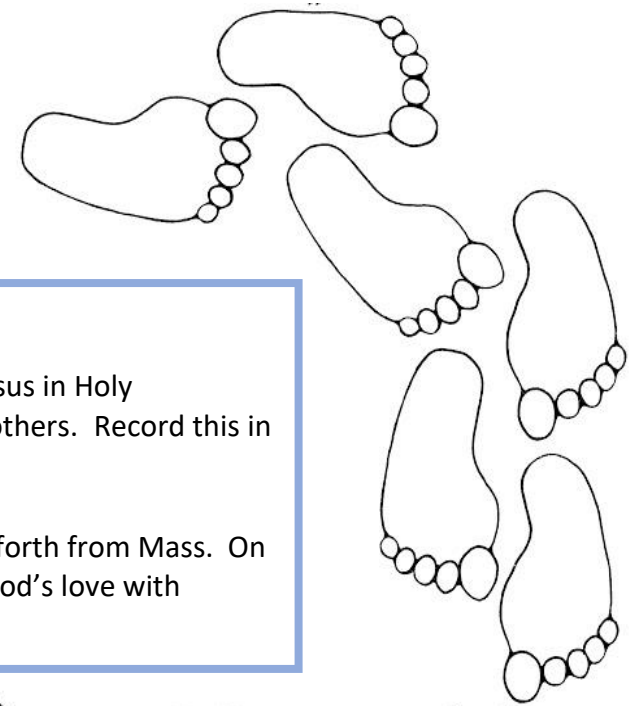
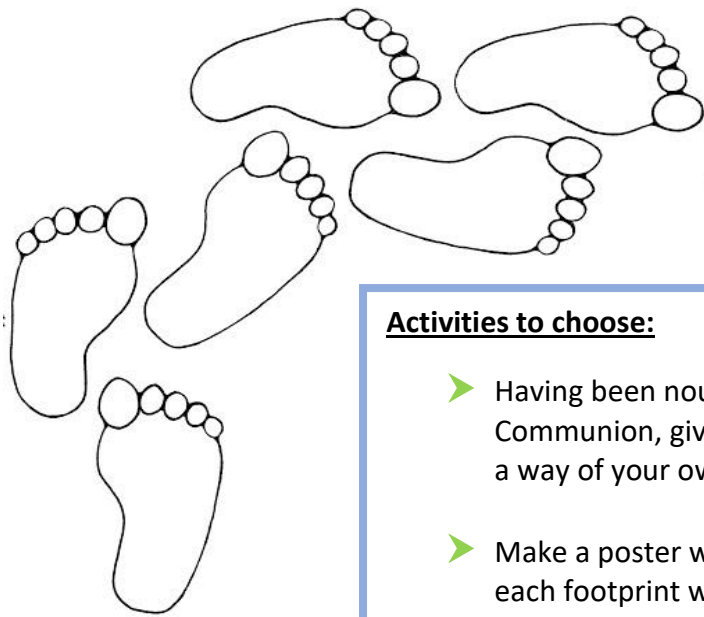
In receiving Holy Communion, the people are nourished by the Body and Blood of Christ. They become what they have received. This is a quiet time when people pray, thanking God for the gift of sharing Jesus in Holy Communion.

At the very end of Mass, the priest blesses the people and he or the deacon sends them out to share God’s love with others.



- Q What gestures or signs and prayers are important in the Communion Rite (Sign of Peace, Lamb of God, holding up the Host and Chalice, giving and receiving)
- Q Praying for peace and unity is part of the Communion Rite. What helps us to be peaceful within ourselves and with one another?
- Q What is the difference between the bread and wine brought up during the Preparation of the Gifts and what is received at the Communion Rite?
- Q What do Catholics believe is happening when they receive Holy Communion?





**Activities to choose:**

- Having been nourished by listening to the Word of God and receiving Jesus in Holy Communion, give reasons why Catholics want to share God's love with others. Record this in a way of your own choice.
- Make a poster with footprints on it, representing the people being sent forth from Mass. On each footprint write a word or phrase indicating how they could share God's love with others.

At the end of all the work you have done on LISTENING & SHARING, think about how you can listen more attentively to the Word of God and share more generously of myself with others?

On a template of a book, write down how you can use the skills of listening and sharing of yourself with others at home and elsewhere during the COVID pandemic.

Say this prayer together and / or the Gloria prayer you wrote yourself:

*Father in heaven, help us to listen carefully to the message in the Word of God and to share God's love with others by what we say and what we do. Amen!*

