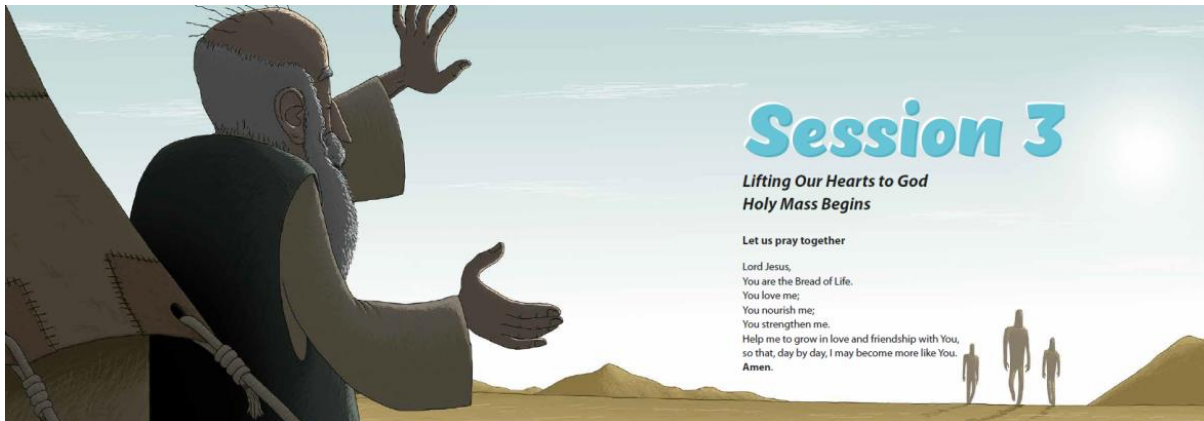


HEART SPEAKS TO HEART: THE GIFT OF HOLY COMMUNION

CATECHIST NOTES



SESSION 3

LOVE: Holy Mass Begins (pp.38-51)

Before the session begins:

- Prepare a focal point (which may this week include some holy water, a hymn book, something which reminds you of the beginning of Holy Mass, etc.).
- Serve refreshments (when this is possible).
- Invite the children as they come in to place the object they have brought in their 'backpacks' near the focal point (and remind them to take their objects back at the end of the session).
- If Treasure Hunt worksheets are to be distributed during the session, have them ready to give out towards the end of the session.
- If the **Help and Guidance** handouts are to be distributed during the session or in advance for Session 4, have the sheets ready for distribution at the appropriate point in the session.
- It may be a good idea to have one or two photocopies of the relevant pages of *Heart Speaks to Heart* (pages 38-51) in case some participants have forgotten their books!

Catechists should be ready to help participants who may be struggling with the discussion. It may help to have pictures or images available or to point participants to this week's focal point.

Catechists should also be aware of families' stories, lives and struggles.

See suggested timings for each section of the session below: it is anticipated that pages 38-41 will take 10 minutes in total; pages 46-47 will take 15 minutes in total.

The Lead Catechist notes below are intended to be prompts for the sort of things Lead Catechists may say rather than scripts to be read out.

Welcome and Prayer

3-5 minutes

Lead Catechist:

- Welcomes everyone
- Asks participants to turn to **page 38** in their books
- Reads out the title of the session and says something like:
"In this third session we will be beginning to explore Holy Mass. This week we will be looking at the beginning of the Mass and how Jesus is welcoming us to celebrate with Him."
- Asks everyone to join in the **prayer on page 39** ("Lord Jesus, You are the Bread of Life ..."), leads everyone in making the Sign of the Cross and then leads the prayer

Pages 40-41 ("Ready for our next session?")

5-7 minutes

Lead Catechist:

- Asks participants to turn to **page 40**
- Says something like:
"I hope you've had the chance to read these pages and think about the questions at the bottom of page 41.
1. What First Holy Communion preparation have you been doing at home since last time?
2. What does it feel like to know that Jesus welcomes you to Holy Mass and is going to share Himself with you in Holy Communion?
Take time now to share together your responses to these questions."
- May encourage participants to read pages 40-41 again before they talk about the questions.

Pages 42-43 ("Today's virtue is Love")**5 minutes**

Lead Catechist:

- Asks participants to turn to **page 42**
- Says:
"This week we will be thinking about the virtue of Love. The virtues help us grow in friendship with Jesus and become the best person we can be. Let's read what it says about Love on page 42."
- **EITHER** asks participants to read page 42 together **OR** reads the text aloud to the whole group **OR** invites three participants to read out a paragraph each to the whole group

Pages 44-45 ("Abraham entertains strangers") **10 minutes**

Lead Catechist:

- Asks participants to turn to **page 44**
- Says something like:
"Let's listen now to a story from the Bible. As you listen, underline words which stand out for you on pages 44-45 and think about what they may mean. After you have listened to the story, share with each other the words and thoughts which meant something to you. Begin to write and draw your thoughts in the spaces beside the Bible passage. You can finish this off at home."
- **EITHER** reads the Bible passage of Abraham and his guests slowly and clearly **OR** invites participants to read the passage to one another **OR** plays the audio of the text (found under **Audios – Bible Passages > Abraham Entertains Strangers**)
- Asks participants to share and write down or draw their thoughts

Page 46 ("Love at the Last Supper")**7-8 minutes**

Lead Catechist:

- Asks participants to turn to **page 46**
- Says something like:
"Read the left-hand column on page 46 together, taking it in turns to read a paragraph each, and then read the questions in the right-hand column and talk together, trying to answer one or two of these questions."

Page 47**7-8 minutes**

Lead Catechist:

- Asks participants to look next at **page 47**
- Says something like:
"Read the left-hand column and try to answer the questions in the right-hand column (clues to the answers are given in the left hand-column)."

Page 48 ("The Eucharist: celebrating together") **5 minutes**

Lead Catechist:

- Asks participants to turn to **page 48**
- Says something like:
"Read page 48 together, taking it in turns to read a paragraph each, and try to answer the question when you come across it."

Note: there may not be time to do this section during this session and catechists may advise participants to do it all or (if begun) to complete it at home.

Treasure Hunt

Lead Catechist draws participants' attention to the Treasure Hunt on **page 49** and explains how this week's Treasure Hunt may be done.

Page 50 ("Things to do at home or in church") **5 minutes**

Lead Catechist:

- Goes through the home/church activities on **page 50**
- Arranges for this week's Treasure Hunt worksheets to be given out (if the Treasure Hunt is to be done before the next session)
- Asks the children to read pages 54-55 and think about the questions there in preparation for the next session

Evaluation**5 minutes**

Lead Catechist:

- Asks participants to consider two questions, talk together about them and write down thoughts on post-its.
- The two questions are:
 - 1. What did you enjoy in the session? [2 minutes]**
 - 2. If we were to do the session again what could make it even better? [2 minutes]**

Page 51 (“Let us pray together”)**5 minutes**

Lead Catechist:

- Invites participants to sit quietly and close their eyes.
- Says something like:
“I’m going to say a little phrase three or four times. Say these words silently to yourselves and continue to say them silently after I finish speaking. I will signal the end of this quiet prayer time” [perhaps by ringing a bell]
- Says aloud, “Lord, Jesus Christ, Son of God, have mercy on me” three or four times and then allows for 2-3 minutes silence
- Gives the pre-arranged signal (after 2-3 minutes silence)
- Asks participants to look at the right-hand column on **page 51**
- Reads the words at the top of the column and invites everyone to pray the final prayer (“We turn to you for protection”) together

Thank everyone for their participation in the session and let them know you are available after the session if anyone has any questions.

Finish on time!

Try and meet as a catechist & helpers team after the session to discuss how the session has gone and what could be done better in future sessions.

Please feel free to annotate these *Catechist Notes* and use them to help your reflection for future sessions.

Below you will find some teaching on what we do during Holy Mass. You may like to share (or adapt and share) this teaching with parents and carers.

HELPING YOUR CHILD DURING HOLY MASS

In this session we begin to look through what happens during Holy Mass (see pages 47 and 48). As parents and carers you lead by example and so, when you are at the Sunday Mass with your child, you should be able to help to show your child what happens and know why we do and say certain things and explain it to them later on or when they ask. In the next few sessions we will provide some help for you to be able to do this.

Posture is important in church. Sometimes we stand, sometimes we sit and sometimes we kneel. We need to know when and why we do these things during Holy Mass.

- We **STAND** to give honour to someone. In Holy Mass we stand to honour Jesus Christ e.g. we stand to listen to the Holy Gospel when Jesus is speaking to us through the words of the Gospel.
- We **SIT** to listen and to be attentive – to Jesus (through the readings) and to the priest (as he explains the readings).
- We **KNEEL** in humble adoration. We kneel to worship the Lord during the Eucharistic Prayer and as we prepare to receive the Lord in Holy Communion.

Part 1: Before Holy Mass Begins and the Introductory Rites

Before Holy Mass Begins:

- As you enter church, bless yourselves by making the Sign of the Cross with Holy Water from the Holy Water Stoup or the Font.
- **Genuflect** (bend your knee in honour) to Jesus present in the Tabernacle.
- Take your place in church and **kneel in prayer**. In prayer we greet Jesus as we greeted our friends as we came into church. To help your child you may suggest that they pray a familiar prayer like the 'Our Father' quietly to themselves during this time.

As Holy Mass Begins:

- **Stand** as the priest enters church in procession.
- **Speak and sing** with zeal and clarity the words the people say or sing during Holy Mass. Think about the words you are saying or singing: it's a joy to say or sing these words!
- If the "I confess" is said, strike your breast as you say, "Through my fault, through my fault, through my most grievous fault."
- **Sit** to prepare to listen to the Word of God proclaimed through the readings at Holy Mass.