

HEART SPEAKS TO HEART: THE GIFT OF HOLY COMMUNION

CATECHIST NOTES



SESSION 5

GENEROSITY & GRATITUDE: Jesus Offers Himself for Us (pp. 66-79)

Before the session begins:

- Prepare a focal point (which may this week include a small missal and/or a card with the Order of Mass on it, etc.).
- Serve refreshments (when 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 6, 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 66-79) 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 66-69 will take 10 minutes in total; pages 74-75 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 66** in their books
- Reads out the title of the session and says something like:
"In this fifth session we will be exploring the heart of Holy Mass, when Jesus (in great generosity) offers us His Body and His Blood and we give thanks to God for such a great gift."
- Asks everyone to join in the **prayer on page 67** ("Lord Jesus, You are the Bread of Life ..."), leads everyone in making the Sign of the Cross and then leads the prayer

Pages 68-69 ("Getting nearer the Big Day")

5-7 minutes

Lead Catechist:

- Asks participants to turn to **page 68**
- Says something like:
"I hope you've had the chance to read these pages and think about the questions at the bottom of page 69:
1. What First Holy Communion preparation have you been doing at home since last time?
2. How's it going? What have you enjoyed in your preparation so far? What are you looking forward to?
Take time now to share together your responses to these questions."
- May encourage participants to read pages 68-69 again before they talk about the questions

Pages 70-71 (“Today’s virtues: **GENEROSITY & GRATITUDE”)
5 minutes**

Lead Catechist:

- Asks participants to turn to **page 70**
- Says something like:
“This week we will be thinking about two virtues – Generosity and Gratitude. The virtues help us to grow in friendship with Jesus and become the best person we can be. Let’s read what it says about Generosity and Gratitude on page 70.”
- **EITHER** asks participants to read page 70 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 72-73 (“The Passover ...”)
10 minutes**

Lead Catechist:

- Asks participants to turn to **page 72**
- 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 72-73 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 about the Passover slowly and clearly **OR** invites participants to read the passage together **OR** plays the audio of the text (found under **Audios – Bible Passages > Session 5 The Passover**)
- Asks participants to share and write down or draw their thoughts

**Page 74 (“Jesus gives thanks ...”)
7-8 minutes**

Lead Catechist:

- Asks participants to turn to **page 74**
- Says something like:
“Read the left-hand column on page 74 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 75**7-8 minutes**

Lead Catechist:

- Asks participants to next look at **page 75**
- 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 or on page 48 of the book)."

Page 76 ("Jesus is the Lamb of God ...")**5 minutes**

Lead Catechist:

- Asks participants to turn to **page 76**
- Says something like:
"Read page 76 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 77** and explains how this week's Treasure Hunt may be done.

Page 78 ("Things to do at home or in church")**5 minutes**

Lead Catechist:

- Goes through the home/church activities on **page 78**
- 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 82-83 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 79 (“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, “Save us, Saviour of the world” 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 79**
- Reads the words at the top of the column and, as the concluding prayer, invites everyone to pray aloud the prayer (“O Sacrament most holy”) **three times** 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

Part 3: The Liturgy of the Eucharist (as far as the Great Amen)

The Offertory

- **Sit** as our offerings are made to God and for the Church and the poor.
- **Watch** as the gifts of bread and wine are brought in procession to the Sanctuary, given to the priest and offered by the priest to God. You may be asked to bring the bread and wine forward with your child; if asked, do so willingly and with care and reverence.

The Preface

- **Listen attentively** as the priest introduces the Eucharistic Prayer (the introduction is known as the Preface) and sing with zeal "Holy, Holy, Holy" (the song of the angels, the song welcoming Jesus into Jerusalem, the place where He will suffer, die and rise to new life for us).

The Eucharistic Prayer

- **Kneel** as the priest prays the Eucharistic Prayer.
- **Listen and watch attentively** as the priest says the words Jesus said at the Last Supper and the bread becomes the Body of Christ and the wine His Blood. We call this the Consecration.
- Bow your heads in reverence as the priest elevates and shows the people first the Body of Christ and then the Precious Blood of Christ (contained in a chalice).
- At the end of the Eucharistic Prayer, sing with great zeal, "Amen" ("Yes: it is true") as the priest holds up on high the Body and Blood of Christ.
- **Stand** for the final part of the Liturgy of the Eucharist and to begin to prepare to receive Holy Communion.