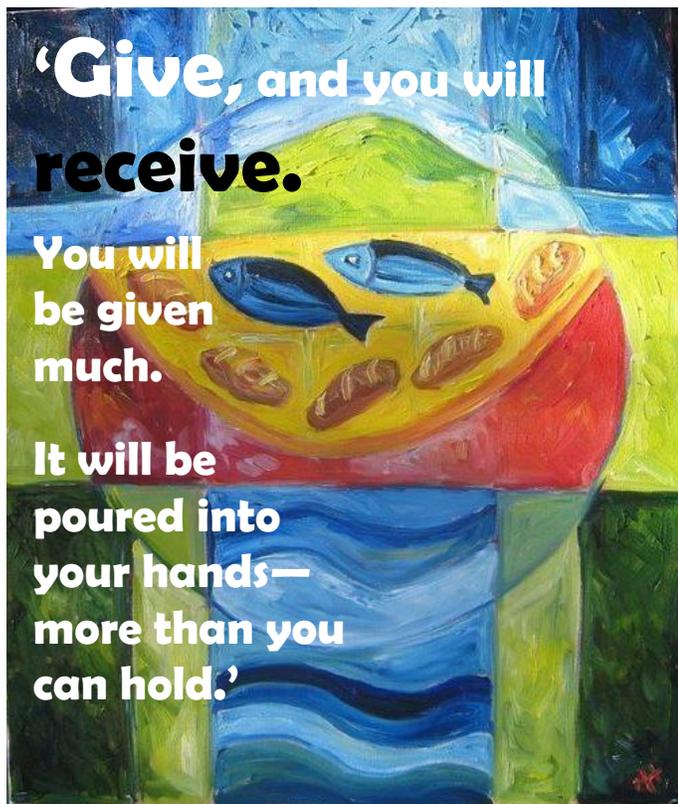


Session 3 – The Eucharist is About Sharing – Part A

Opening Prayer



Parent: Knowing how much God loves us we are not afraid to ask for what we need.

All: **Lord hear our prayer**

Child: Help us be kind to each other

All: **Lord hear our prayer**

Child: Give us more reasons to laugh

All: **Lord hear our prayer**

Parent: Help us have fun together

All: **Lord hear our prayer**

Child: Help us forgive one another

All: **Lord hear our prayer**

Child: Help us not to complain as much

All: **Lord hear our prayer**

Parent: Give us what we don't even know we need

All: **Lord hear our prayer**

Child: Help share what we have with others

All: **Lord hear our prayer**

Parent: Ask if anyone would like to add anything...

A Parent or one of the older children lead the family in prayer.

Loving God,

You made us in love and chose us to be your friends. We belong to you.

Everything we are and everything we have, are gifts from you.

Teach us how to be giving, the way you are giving, and not be afraid to share.

Send the Holy Spirit to inspire us to find ways to share with those in need.

Draw us closer to you and each other as we prepare as a family for
_____ first Holy Communion.

(First Communicant's first name)

In Jesus' name, we pray.

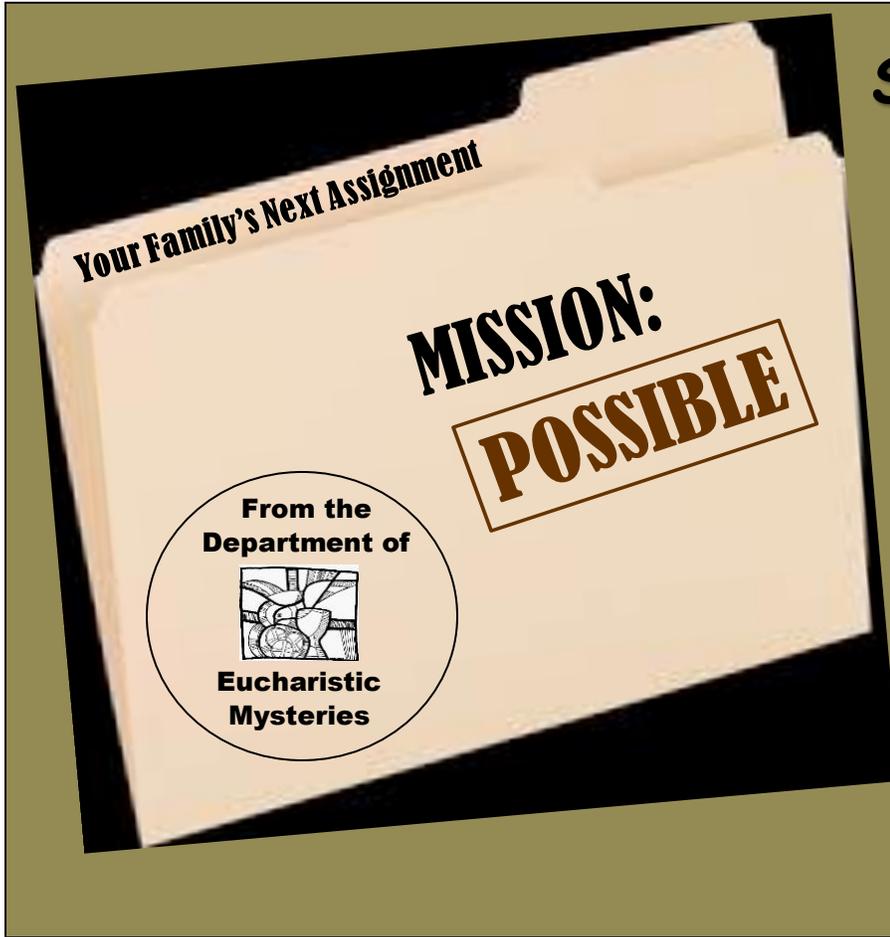
All: Amen

Please encourage your child to sing along with the following YouTube video,

The Table <https://www.youtube.com/watch?v=cqN366MZ-yc>

This is one of the songs the children will be singing at First Communion.

Slide 7 – Solve the Riddle



Solve this riddle

I am invisible yet seen.
I weigh nothing but am deeply felt
I cost nothing but am worth everything.
I increase only when you give me away.
Everyone wants me yet no one can own me.

What am I?
Answer _____

★ All family members need To agree on your final Answer.

Parent Notes

Parents: let the kids wrestle with solving the riddle only giving guidance when needed.

This is a group project of the family has to arrive one answer.

Answer: **Love**

Parent talking points – put in your own words

- **Everything God does is an expression of love.** Point back to the things you have talked about to reinforce this point
 - God created in order to share his love and life
 - God gives us gifts, talents and abilities because he loves us
 - God gave us each other and our extended family and friends
 - God invited us to be his followers and members of his Body the Church, in Baptism, because he loves us.
 - In Baptism, we received the Holy Spirit to help and guide us, another expression of God's love for us.

- The Eucharist is an expression of love – another way God shares himself with us as an act of love.

Video: Everyday gifts <https://www.youtube.com/watch?v=xpxo4GbXUsM>

This two-minute video helps demonstrate the nature of God’s love.

Parent Talking Points – easy to relate back to video

- **It is important that we remember God’s love is**
 - Unconditional (may have to explain what unconditional means)
 - Forever – eternal – it never ends
 - Extravagant, always over-the-top, more than we can even imagine
 - Given freely – God does not wait for us to ask for love – God loves first
 - Never forced on us – God does not make us receive his love, he offers it and we can choose to take or not. Even when we refuse God’s love, God never stops loving us. God looks for another opportunity to offer his love
 - **Nothing** we can say or do, think or feel, not say, not do can ever change the way God feels about us. It can however, change the way we feel about God and others and how others feel about us.

Stretch Break – Practice the songs

- **We Come to You** - https://www.youtube.com/watch?v=fJ51_UDpVIs
- **Thankful** - https://www.youtube.com/watch?v=U_ewLEvA8_o&t=1s

A Parable about Sharing

- **Video presentation: Stone Soup** https://www.youtube.com/watch?v=P_TXIoiuBd4
(Length - 6.47 minutes)
- **Discussion** – Feel free to use the following questions or create your own. There is a lot packed into this classic folk tale and closely parallels what Jesus taught.
 1. At the very beginning of the story, we are told that the monks had a question they wanted to answer. What was that question?
Answer: What makes us happy?
 2. In the beginning of the story what made it difficult for the villagers to share?
Answer: hard times, suspicion of others, fear of not having enough for themselves, afraid no one would be able to take of them and their families
 3. What effect did not sharing have on the villagers?
Answer: They had little to do with each other – they lacked a connection
 4. How did the villagers treat the monks when they arrived in the village?
Answer: They hid and ignored them
 5. What did this tell the monks about the villagers?
Answer: They did not know happiness
 6. What did the monks do to teach the villagers how to share?

Answer: They made stone soup

7. Who was the first person in the village to help the monks? (*the little girl*) Why do you think she helped them?

8. Why did the little girl's mother get interested in learning to make stone soup?

Answer: Stones were plentiful and this would help her provide food for her family

9. What made the rest of the villagers get interested in the stone soup?

Answer: Curiosity

10. Did the monks ever ask the villagers for ingredients? (No)

11. How did they get the villagers to add things to the soup?

Answer: They kept telling the villagers what would make the soup better, more delicious

12. What began happening to the villagers?

Answer: As each person opened the heart to give, the next person gave even more

13. When the soup was finally ready to eat how did the villagers decide to eat it? (Together)

14. What did they do after they ate the soup?

Answer: Told stories, sang songs and celebrated with each other

15. Why do you think they did this?

16. What did the villagers learn from this experience?

Answer: Sharing makes us all richer

17. What was the answer to the monks' original question, what makes us happy?

Answer: Being with others, sharing with others, celebrating with others.

Slide 8 – Making the connections with Eucharist

Why did Jesus give us the gift of the Eucharist?

- Jesus wants us to be happy.** He knew being with others, sharing with others, and celebrating with others would make us happy.
- Jesus knows sharing makes us all richer,** and the most important thing we can share is the gift of ourselves.
- Jesus understands that sharing creates a chain reaction** - as each person opens their heart to give, they inspire the next person to give even more.

By sharing the gift of himself with us, Jesus knew we would be more likely to share ourselves with others and soon the whole world would be sharing and becoming a better, happier place. Jesus called this **the Kingdom of God**.

- Jesus knows that if we did not share with others we could never become one** with Him and each other, the way Jesus is one with the Father and the Holy Spirit. Being in communion is what brings joy and fulfillment to our lives.