

Topic: Holy Communion Strengthens Us

Family Small Group for FHC Cycle Week 2.20 (March 23, 2025)

Lesson Overview for Parents

This week we will focus on the mass. When preparing for First Holy Communion, it is important that your student understand the mass as much as they can. There are two parts and an extra credit part to your family lesson this week. One part you will do at home and one part you will do when you go to mass this weekend. Extra credit will be done at church (before or after mass).

1. Opening Prayer

A student asked in a recent family lesson, "Which prayers do I need to know?" Answer: as many as you can learn! The Catholic church has so many wonderful prayers! Learn as many as you can. This week, let's pray the Apostle's Creed.

2. Mass and Mass Journal

Did your student write in their mass journal this weekend?

Reminder: *Students can still receive a prize each time they write in their Mass Journal or complete a row on their Mass Journal Bingo card. Black out Bingo is over.*

Apostle's Creed

I believe in God, the Father almighty,
Creator of heaven and earth,
And in Jesus Christ, his only Son, our Lord,
Who was conceived by the Holy Spirit,
Born of the Virgin Mary,
Suffered under Pontius Pilate,
Was crucified, died and was buried;
He descended into hell;
On the third day he rose again from the dead;
He ascended into heaven, and is seated at the right hand
of God the Father almighty;
From there he will come to judge the living and the dead.
I believe in the Holy Spirit,
The holy catholic Church,
The communion of saints,
The forgiveness of sins,
The resurrection of the body,
And life everlasting.

Amen

Spend a minute or two talking about what your student wrote in their mass journal. Do they have any questions they need answered?

3. Sacrament Book Readings

There are two parts to our lesson this week.

First part, take your student's books with you to mass and follow along in the books while you are at mass.

Second part, complete at home before you go to mass if you can

Extra credit – to be done at church

Grades 1-3

Book: *God's Gift Eucharist*

Part 1: Take your student's Eucharist book and a highlighter to mass with you this weekend. Before mass, open the book to page 83. Follow along through page 93. Have your student highlight the words that are said in mass that are on the pages.

Grades 4-6

Book: *Loyola Intermediate Reconciliation and Eucharist*

Part 1: Take your student's Reconciliation and Eucharist book and a highlighter to mass with you this weekend. Before mass, open the book to page 90. Follow along through page 99. Have your student highlight the words that are said in mass that are on the pages.

Part 2: Turn to pages 94-95 in the Eucharist book. Read these two pages.

Ask your student: **What does it mean to participate at Mass?** (It means to say the responses, to sing, to stand up, kneel, bow, and sit when we are suppose to, to greet your neighbor with the sign of peace, to focus on the mass by listening and thinking about what is happening and what is being said).

Turn to pages 98-99 in the Eucharist book. Help your student put the stickers in the correct spots on this page.

Ask your student: **Would they like to be one of the labeled people some day? Which one?**

Part 3: Extra credit!

While at church, take a close look at the things identified on pages 98-99 in our church. Find everything in our church.

Part 2: Turn to pages 100-101. Read these two pages together.

Ask your student: **What does it mean to participate at Mass?** (It means to say the responses, to sing, to stand up, kneel, bow, and sit when we are suppose to, to greet your neighbor with the sign of peace, to focus on the mass by listening and thinking about what is happening and what is being said).

Label the things on page 101 using the following words: *hosts, priest, baptismal font, leader of song/cantor, ambo, tabernacle, deacon, altar servers, chalice, altar, extraordinary minister of Holy Communion, lector, processional cross, baptismal candle.*

Ask your student: **How could you serve at mass? What role would they like to participate in some day?** (things they could do now: altar server, usher, lector; things they could do when they are older or an adult: extraordinary minister of Holy Communion, leader of song/cantor, deacon, priest)

Part 3: Extra credit!

While at church, take a close look at the things identified on page 101 in our church. Find everything in our church.

4. Formed Video

Watch this short video to help solidify understanding of the parts of the mass.

<https://watch.formed.org/videos/the-parts-of-the-mass>

5. Story Time

Now, prepare for our next Sanctuary Lesson on March 30. You may want to schedule time to read this story later in the week and then reread it before March 30. Be sure to put it on your calendar or make a note on your frig so you don't forget. Read the bible story below in your Illustrated Children's Bible. This will be our last Sanctuary Lesson.

Story Name: Pascal Mystery / The Crucifixion and Death of Jesus / The Resurrection of Jesus / Jesus Returns to Galilee
Pages: 281-297