



Worshipping as a Community

Before You Begin

- Print the Chapter 5 BLM: The Sacraments found at the end of this document.
- Have a Bible available during the session for reference.
- Download a copy of *The Year in Our Church: Liturgical Calendar*.
- Download and print the Chapter 5 Prayer Service: Celebrating the Eucharist.

Engage: Page 33

- ◆ Read aloud the chapter title and the opening questions on page 33. Share other ways we can say “I love you” without using words. Say: **Sometimes our actions help us express things we cannot easily say with words. Other times our actions help make our words more meaningful. The Church uses signs, gestures, and actions too. These actions and symbols help us deepen the experience of God’s loving presence in our lives.**
- ◆ Read aloud the Scripture passage at the bottom of the page. Say: **With these words, Jesus gave us the Sacrament of the Eucharist. Each time we share in Holy Communion at Mass, we do as he asked us to do.**
- ◆ Pray together the Lord’s Prayer. Close by praying the Sign of the Cross.

Explore: Pages 34–39

- ◆ Read aloud the section *God Lives Among Us* on page 34. Say: **Choosing to make time to worship and praise God brings us into a closer relationship with him and one another.**
- ◆ Read aloud the section *Worship*. Say: **Through our worship, we show God that he is first in our lives and that we will not put other people or things ahead of him.**
- ◆ Say: **In the Church, we are part of a community of believers. One way we strengthen our bond is through a type of worship we call liturgy.** Have your child read aloud the first two paragraphs of the section *Liturgy* on page 34 and *Sunday—The Lord’s Day* on page 35. Point out that the word *liturgy* means “work of the people.” Say: **Liturgy refers to all official public prayers of the Church, especially the Mass.** Remind your child that Mass is celebrated every day of the week. Have your child complete the *My Turn* activity at the bottom of page 34.
- ◆ Review with your child the *Holy Days of Obligation* on page 83. Say: **As Catholics, we are obliged to attend Mass on Sunday. In addition, certain special feasts have been declared holy days of obligation. These are principal liturgical feasts that honor the mysteries of the Lord, the Virgin Mary, and the saints.**
- ◆ Take turns reading the section *Sacraments* on page 35. Say: **The sacraments are visible signs of God’s grace on earth. They are also ways that we can actively participate in the life of the Trinity and in our spiritual growth.**
- ◆ Read aloud the section *How Sacraments Work*. Point out that *concrete* is another way of saying “real.”

- ◆ Distribute the Chapter 5 BLM: The Sacraments. Ask your child to read the sections titled *Sacraments of Initiation*, *Sacraments of Healing*, and *Sacraments of Service* on pages 35–36 while he or she fills in the information in the chart. Encourage your child to keep this record in a handy place. Have your child complete the *My Turn* activity on page 36.
- ◆ Say: **In our calendar year, we have seasons that mark the passage of time. The Church has a calendar called the liturgical calendar. It has seasons too.** Share a copy of *The Year in Our Church: Liturgical Calendar*.
- ◆ Take turns reading aloud the section *The Liturgical Year* on page 37. Point out each season on the calendar, noting its length. Explain that the word *ordinary* in this context means “ordered or numbered time.” Say: **Ordinary Time is a time for us to reflect and meditate on Christ’s life, miracles, and teachings in light of his Resurrection.**
- ◆ Have your child read aloud the section *Celebrating the Paschal Mystery* on page 38. Say: **To live our Catholic faith, we are invited to be in a relationship with a God who loves us more than we are able to comprehend. In the liturgy, through Mass, the sacraments, and other forms of public prayer, we enter more deeply into this loving closeness with God.**
- ◆ Read aloud the section *Sacred Signs*. Share how sign language can be a way to communicate through a shared understanding of signs, symbols, gestures, and rituals. Explain that we as Catholics share a kind of sacred sign language.
- ◆ Share with your child examples of sacramentals such as medals, rosaries, holy water, crucifixes, and candles that you may have around the home. Ask: **Which of these items have you used and when?** Discuss your experiences with these items.
- ◆ Have your child read the section *Sacramentals* on page 39. Explain that sacramentals are one of the ways we come to know and feel the revealed Mystery of God. Point out that these are visible signs and symbols that help us prepare to receive God’s grace. Have your child complete the *My Turn* at the bottom of the page.

Sacred Sign: Page 37

- ◆ Have your child read aloud the *Sacred Sign* feature on page 37. Say: **In most cases, incense is reserved for special occasions and for the more solemn feasts of the Church. Incense is also used during the Benediction of the Blessed Sacrament, during processions, funeral rites, and to bless sacred objects like relics or the Book of Gospels.** Share that five grains of incense are placed in the Paschal Candle at the Easter Vigil to symbolize the five wounds of Christ.
- ◆ Say: **Incense is a symbol that allows us to experience prayer with our sense of sight and our sense of smell.**

Rite: Page 38

- ◆ Have your child read aloud the *Rite* feature on page 38. Explain that the *Lectionary for Mass* is the book from which all the biblical readings used at Mass and other liturgies are read.
- ◆ Explain that the term *lector* is used to describe a lay person who proclaims the Word of God for the assembly during Mass. Say: **The lector proclaims the readings that precede the Gospel and, if there is no cantor or music, leads us in the responsorial psalm.**

Witness: Page 39

- ◆ Read aloud the *Witness* feature on page 39. Explain that Pius X is known as the pope who loved the Holy Eucharist. Ask: **Why do you think Pope Pius X wanted young people to be able to receive the Eucharist? How has receiving the Eucharist affected your life?**
- ◆ Point out that Pope Pius X's motto was *Instaurare Omnia in Christo* meaning "Renew All Things in Christ." Invite your child to formulate a motto that summarizes what he or she believes in and works toward.

Reflect

- ◆ Have your child reflect on what he or she has learned about worship, liturgy, and the sacraments. Say: **We worship God when we join together as a community to pray and celebrate the sacraments. These actions help us to enter more fully into the mysteries of our faith. With this in mind, let us join together now to worship God in prayer.**
- ◆ Proceed to your family's prayer space. A prayer space can be a simple table on which you place a Bible, crucifix, statue, icon, or another religious icon. Invite your child to assist you in creating this sacred space.
- ◆ Distribute copies of the Chapter 5 Prayer Service: Celebrating the Eucharist. Choose who will read the parts for Leader 1 and Leader 2. You and your child will both read the parts labeled "All." Lead by example, participating actively and with reverence.
- ◆ Before praying, emphasize that prayer is the raising of our hearts and minds to God. Explain that we are able to speak and listen to God because Jesus taught us to pray.
- ◆ Pray together the prayer service, following your assigned roles. Adapt it to your circumstances if needed. Observe the periods of silence and keep a prayerful pace. Allow time in between sections for reflection.
- ◆ Pause for a moment of silence before concluding.

Respond: Page 40

- ◆ Review with your child the *Faith Summary* on page 40. Ask your child to explain each sentence in his or own words and revisit concepts as necessary.
- ◆ Have your child read the *Remember* section silently and be sure he or she understands the main points of the chapter.
- ◆ Ask your child to choose one *Reach Out* item and follow the directions. Check in with your child and ask him or her to reflect privately on the outcomes.
- ◆ Read aloud the *Words to Know* and ask your child to use the words in sentences. Consult the Glossary at the back of the book and at www.loyolapress.com/calledtobecatholic/ if more clarification is needed.
- ◆ Invite your child to think about the *Reflect* scenario and write a response on the lines provided. Invite him or her to share the response with you.
- ◆ Pray together the closing prayer. Conclude by praying together the Sign of the Cross. Invite your child to pray this week whenever he or she feels a need for help or guidance.
- ◆ Continue the conversation for this chapter at www.loyolapress.com/CTBCconversations.

Name _____

Date _____

The Sacraments

The sacraments are visible symbols of God's grace on earth. They fill us with the Holy Spirit and give us strength for daily living.

Knowing the Sacraments

Directions: As you read about the seven sacraments, use the following chart to record important facts about each one.

Sacrament	Signs & Symbols	Effects