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Sacraments, Our Way of Life

Begin

- ▶ Write the following words on a dry-erase board or a sheet of paper: *school, store, church, and park*. Have your child read aloud the words. Say: *We meet people in all different places*. Ask: *Where else do we meet people?* Say: *Each time we meet Jesus, we learn more about him*. Read aloud the unit title on page 128. Say: *This unit will help us learn more about how we meet Jesus in the sacraments*.

Introduce the Saint

- ▶ Focus your child's attention on the picture of Saint Pius X on page 128. Say: *The Roman numeral X stands for the number 10. That means he was the tenth pope who chose the name Pius*.
- ▶ Turn to page 129. Have your child read aloud the heading and the paragraph. Say: *Saint Pius X wanted Catholics to receive Holy Communion more often. He also wanted children to be closer to God by receiving Jesus Christ in the Eucharist*.
- ▶ Read aloud the Be Inspired feature. Ask: *What do you think Saint Pius X meant by this statement?* (Receiving Holy Communion brings us closer to Jesus.)
- ▶ With your child, add Saint Pius's feast day, August 21, to your calendar. Plan an event together to celebrate the service of Saint Pius X.

(Continued on the next page)

Unit Opener: Page 130

- ▶ Read aloud the paragraph on page 130. Ask your child to name specific words and actions that help show Jesus' love. Ask: ***Do you think Saint Pius X was close to Jesus? Why?*** (Yes. He was full of Jesus' love. He shared Jesus' love with others.)
- ▶ Read aloud the activity directions. Invite your child to think about words and actions that bring him or her closer to Jesus. Then have your child complete the sentence and color the picture.
- ▶ Say: ***The psalms help us express what we feel in our hearts and believe about God. The writer of this psalm calls God his "refuge." A refuge is a safe place.*** Ask a volunteer to read aloud the Reading God's Word feature. Then pray the psalm together aloud.

(Continued on the next page)

New Life in Jesus

Engage: Page 131

- ▶ Ask: *What do you think makes a good team member?* (being fair, giving everyone a turn, listening to other people's ideas) Say: *The sacraments help each of us become a member of the Church and stay a good member.*
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Acts of the Apostles 10:47–49. Then say: *The Word of the Lord.* Invite your child to respond *Thanks be to God.*
- ▶ Say: *God wants us to be welcoming to all people.* Read aloud the paragraphs on page 131. Ask: *Who were the people that some felt should be “kept out” and not allowed to become Christians?* (Gentiles) Say: *Baptism makes us members of God’s welcoming family.*
- ▶ Pray aloud the prayer. Conclude by praying together *Amen.*

Explore: Pages 132–133

- ▶ Ask: *What are some signs that you belong to a certain team or group?* (uniforms, badges, T-shirts) Say: *Today we are going to learn about the sacraments that welcome us into God’s family, our Church.*
- ▶ Read aloud the title and the first paragraph on page 132. Ask: *What are sacraments?* (holy signs that show God is with us) *Who gave the sacraments to the Church?* (Jesus)
- ▶ Read aloud the next paragraph. Guide your child to look up the terms *Sacraments of Initiation* and *Confirmation* in the Glossary. Read aloud and discuss the definitions. Ask: *Say: The word initiation means “beginning.” We celebrate the Sacraments of Initiation as we begin our lives as members of God’s family, the Church.*
- ▶ Read aloud the next two paragraphs. Say: *Through Baptism, we receive sanctifying grace. Grace is a gift from God that fills us with his life and makes us his friends. God’s grace makes us holy. Therefore, it is called sanctifying grace.*
- ▶ Read aloud the Reading God’s Word feature. Say: *Water is a symbol of our new life in Baptism. The life we receive in Baptism is life as a member of God’s family, the Church.*
- ▶ Read aloud page 133. Guide your child to look up the terms *Body and Blood of Christ* and *Holy Communion* in the Glossary. Read aloud and discuss the definitions. Say: *At Mass, the bread and wine become the Body and Blood of Jesus Christ that we receive in Holy Communion. We grow in faith as God’s children in the Sacrament of Confirmation.*
- ▶ Read aloud the Ready for the Sacraments feature. Say: *Sacraments are special occasions of grace, but we can enjoy the loving presence of Jesus in prayer any time of day.*

Art Exploration: Page 134

- ▶ Find in a book or online a picture of Saint Peter holding keys. Ask: *What do you see in this picture?* Encourage your child to describe the picture in detail, including the keys that Saint Peter is holding.
- ▶ Say: *Jesus called Peter to be the first leader of his Church. The Church continues to have leaders today who help us be close to God.*
- ▶ Have your child turn to page 134. Read aloud the introduction and discuss the question.
- ▶ Read aloud Peter Speaks to the People. Ask: *Why did Peter encourage the people to be baptized?* (Their sins will be forgiven, and they will receive the Gifts of the Holy Spirit.)
- ▶ Read aloud Saint Peter is a Leader. Make a list of current local, diocesan, and universal Church leaders. Then have your child complete the activity.
- ▶ Have your child find a smooth, palm-sized rock. Share the Scripture passage from Matthew 16:18: "You are Peter and upon this rock I will build my church." Invite your child to paint symbols on the rock that remind him or her of the strength received through the Church. Display the rock paperweight in your home.

Reflect: Pages 135–136

- ▶ Together look at page 135. Say: *Use your senses and your imagination to tell what the girl in the picture sees, hears, feels, and smells.* Invite your child to do the same when he or she talks to Jesus in prayer.
- ▶ Read aloud the paragraph. Then pray aloud the reflection slowly and reverently. At the end of the prayer, say: *If there's anything else you'd like to tell Jesus, take time now to speak with him in your heart.* Conclude by praying together the Sign of the Cross.
- ▶ Have your child read aloud page 136. Suggest that your child look back at pages 132–133 to help him or her complete the activity.

Respond: Pages 137–138

- ▶ Ask your child to read aloud the Faith Summary. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific times he or she can talk to Jesus throughout the day. Invite your child to complete the activity.
- ▶ Say: *Let's thank God for his gift of grace, which we experience in the sacraments.* Invite your child to pray silently as you pray aloud the prayer. Conclude by praying together the Sign of the Cross.
- ▶ Read aloud With My Family on page 138. Together as a family, complete the page and do the activity. Pray the family prayer. Say: *We can rejoice that we are God's children and part of his family, the Church! Know that the Lord loves you more than you can ever imagine.*

Jesus Loves the Church

Engage: Page 139

- ▶ Ask your child to think of ways he or she would welcome a new neighbor. Share your own ideas with your child. Pray aloud the prayer together.
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Acts of the Apostles 2:42–47. Then say: ***The Word of the Lord.*** Invite your child to respond *Thanks be to God.*
- ▶ Say: ***It feels good to be welcomed. In the Eucharist, the first Christians welcomed one another in Christ's name.*** Read aloud the paragraphs on page 139. Ask: ***How did the first Christians live together as one family in God?*** (They shared everything. They prayed and ate together.)
- ▶ Say: ***Jesus calls the members of his Church to serve one another.*** Pray aloud the prayer. Conclude by praying together *Amen.*

Explore: Pages 140–141

- ▶ Together recall experiences when you had guests for dinner. Ask: ***Who was there? What did we talk about? What did our guest share with us?***
- ▶ Read aloud Inviting Jesus to Dinner. Guide your child to look up the word *disciple* in the Glossary. Read aloud and discuss the definition. Ask: ***What is a disciple?*** (a follower of Jesus) Say: ***The disciples were very sad when they met the man on the road.*** Ask: ***How do you think they felt when they realized the man was Jesus?*** (overjoyed, happy)
- ▶ Have your child read aloud Jesus Is with Us on page 141. Say: ***We can call on the Holy Spirit when we need help loving others.*** Guide your child to look up the term *Sacrifice of the Mass* in the Glossary. Read aloud and discuss the definition. Say: ***The Sacrifice of the Mass helps us remember that Jesus died for us and saved us from our sins.***
- ▶ Read aloud the Ready for the Sacraments feature. Say: ***We learn about Jesus and his messages for us by listening to the Gospels.***

Art Exploration: Page 142

- ▶ Find in a book or online a picture showing adults and children walking to church.
- ▶ Ask: ***What do you see in this picture?*** Encourage your child to describe the picture in detail, including the setting and the destination of the walkers. Say: ***When we serve others in our parish community, we show our love for the family of God.***
- ▶ Have your child turn to page 142. Read aloud the introduction and discuss the question.

- ▶ Read aloud *We Are Members of the Church*. Guide your child to look up the term *ministry* in the Glossary. Read aloud and discuss the definition. Ask: ***What are some ways that you can be involved in ministry in our parish?*** (donate food or clothing to the St. Vincent de Paul Society, sing in the children’s choir) Work together to complete the activity.
- ▶ Read aloud the Link to Liturgy feature. Ask: ***What do ministers of hospitality do?*** (welcome people to Mass)
- ▶ Invite your child to make a hospitality cross to represent the ministry. Help him or her glue together two craft sticks to make a cross. Write *HOSPITALITY* on the vertical stick. Then write *JE_US* on the horizontal stick, using the letter *S* from *HOSPITALITY* to connect the two words. Ask your child to decorate it with glitter and glue a safety pin the cross to the back. Arrange for your family to serve as ministers of hospitality at an upcoming Mass and wear pins like this one.

Reflect: Pages 143–144

- ▶ Together look at page 143. Ask: ***Where is the boy in the picture? Say: We pray a prayer of blessing before every meal. As we ask for God’s blessing on “these thy gifts,” we can include the gift of food and all the blessings of the day.***
- ▶ Read aloud the two paragraphs. Then pray aloud the prayer. Close by encouraging your child to pray this prayer with your family at mealtimes.
- ▶ Read aloud page 144. Ask: ***How can you invite Jesus into your life?*** (pray, go to Mass, do acts of service) Invite your child to complete the activity and share his or her welcome message to Jesus. Say: ***When we welcome others into our lives, we are welcoming Jesus too.***

Respond: Pages 145–146

- ▶ Ask your child to read aloud the Faith Summary. Review the Words I Learned in this session. Read aloud *Ways of Being Like Jesus*. Ask your child to suggest specific ways he or she can welcome new children. Invite your child to complete the activity.
- ▶ Pray aloud the prayer as your child follows along. Then pray the Sign of the Cross together.
- ▶ Read aloud *With My Family* on page 146. Together as a family, complete the page and do the activity. Pray the family prayer. Say: ***Remember, the Mass is the most important way we remember that Jesus is with us. Invite Jesus into your life every day! He will help you in everything you do.***

Gathering for Mass

Engage: Page 147

- ▶ Invite your child to sit and listen quietly for sounds. Ask your child to share what he or she heard. Say: *Listening is an important skill. At Mass, we need to listen closely to God's Word.*
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud Luke 6:46–49. Then say: *The Gospel of the Lord.* Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Read aloud the paragraphs on page 147. Ask: *What can listening to Jesus' words help us do?* (love and forgive others, obey our parents, make good choices)
- ▶ Say: *When we gather for Mass, we turn our hearts toward God.* Pray aloud the prayer. Conclude by praying together *Amen.*

Explore: Pages 148–149

- ▶ Discuss the jobs of people you see participating in Sunday Mass. Say: *The priest leads us in the celebration of the Mass in the name of Jesus Christ. He is helped by deacons, altar servers, lectors, cantors, and choir members.* Ask: *What are we all called to do at Mass?* (sing, respond)
- ▶ Read aloud The Mass Begins. Ask: *What happens at Mass after the Entrance Procession?* (The priest greets everyone and leads people in asking God to forgive their sins.) Guide your child to look up the terms *ambo*, *Lectionary for Mass*, and *Homily* in the Glossary. Read aloud and discuss the definitions. Then read aloud We Hear God's Message. Say: *During the Homily, the priest or deacon tells us more about the readings we have just heard and how their message connects to our daily lives.*
- ▶ Read aloud the Reading God's Word feature. Say: *This verse tells us how important it is to listen to God's Word.*
- ▶ Have your child read aloud page 149. Guide your child to look up the term *Liturgy of the Word* in the Glossary. Read aloud and discuss the definition. Explain: *The Liturgy of the Word is the part of Mass when we listen to God's Word from the Bible.* Review information in the section The Order of Mass, which begins on page 260.
- ▶ Read aloud the Ready for the Sacraments feature. Discuss how the Third Commandment calls us to keep holy the Lord's Day.

Art Exploration: Page 150

- ▶ Find in a book or online a picture of the symbols of the four Gospel writers, Matthew, Mark, Luke, and John.

- ▶ Say: ***What do you see in this picture?*** Encourage your child to describe the picture in detail, including the symbols shown to represent each Gospel writer. Say: ***The Gospels contain God's special messages for us to learn and live by. Listen for them each time you attend Mass.***
- ▶ Have your child turn to page 150. Read aloud the introduction and discuss the question.
- ▶ Invite your child to read aloud The Four Gospels. Then guide your child to look up the word *Evangelists* in the Glossary. Read aloud and discuss the definition. Say: ***The Gospels tell about the life of Jesus.*** Have your child name each of the four Evangelists and his symbol.
- ▶ Read aloud the Symbol Match. Allow time for your child to complete the activity. Discuss the responses.
- ▶ Invite your child to design and draw a symbol that represents him or her, such as the ones for Jesus and the Evangelists. Encourage your child to think about his or her talents and incorporate it into his or her symbol. Ask your child to explain the finished symbol.

Reflect: Pages 151–152

- ▶ Together look at page 151. Say: ***Mass is a special time to pray for the forgiveness of our sins, ask for God's blessings, and listen to God's Word from the Bible.***
- ▶ Slowly read aloud the paragraphs. Say: ***Let's take some time to think about the Mass. Listen closely and be with Jesus in your heart.*** Pray aloud the reflection slowly and reverently, pausing where appropriate. Conclude by praying together the Sign of the Cross.
- ▶ Have your child read aloud The Mass on page 152 and complete the activity. Discuss the responses when he or she is finished.
- ▶ Read aloud the Link to Liturgy feature. Take turns acting out the role of the lector and the role of the people.

Respond: Pages 153–154

- ▶ Ask your child to read aloud the Faith Summary. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways to show that he or she is like Jesus. Invite your child to complete the activity.
- ▶ Pray aloud the prayer as your child follows along. Then pray the Sign of the Cross together.
- ▶ Read aloud With My Family on page 154. Together as a family, complete the page and do the activity. Pray the family prayer. Say: ***This Sunday at Mass, listen carefully to God's Word and join in the responses. Remember not to just listen to God's words, but put them into practice. When we act on God's Word, we become strong and nothing can shake us!***

Celebrating the Eucharist

Engage: Page 155

- ▶ Together brainstorm things that children share with one another. (toys, treats, books)
Say: *We share our time, possessions, and good will with the people in our lives. We share our faith when we celebrate the Liturgy of the Eucharist at Mass.*
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture.
- ▶ Read aloud John 6:33–35. Then say: *The Gospel of the Lord.* Invite your child to respond *Praise to you, Lord Jesus Christ.*
- ▶ Read aloud the paragraphs on page 155. Ask: *What can we do to let Jesus nourish us?* (pray, receive Holy Communion, go to Mass) Pray aloud the prayer. Conclude by praying together *Amen.*

Explore: Pages 156–157

- ▶ Teach your child the song “We Can Serve,” sung to the tune of “London Bridge Is Falling Down.” Say: *We can serve as Jesus served, Jesus served, Jesus served. We can serve as Jesus served, We serve others!* Continue with “We can love” and “We can help.”
- ▶ Guide your child to look up the terms *Liturgy of the Eucharist*, *altar*, and *transubstantiation* in the Glossary. Read aloud and discuss the definitions. Then read aloud page 156. Say: *The Liturgy of the Eucharist is the part of the Mass after the Liturgy of the Word.* Ask: *What is the meaning of the word transubstantiation?* (when the bread and wine are consecrated and become the Body and Blood of Jesus Christ)
- ▶ Read aloud the Did You Know? feature. Ask: *What do we do to celebrate the Lord’s Day?* (attend Mass)
- ▶ Guide your child to look up the term *holy days of obligation* in the Glossary. Read aloud and discuss the definition. Then read aloud We Attend Mass on page 157. Turn to page 267 and discuss each of the holy days of obligation.
- ▶ Read aloud the Ready for the Sacraments feature. Emphasize the importance of preparing our whole selves to receive Holy Communion.

Art Exploration: Page 158

- ▶ Find in a book or online a picture of the Last Supper.
- ▶ Ask: *What do you see in this picture?* Encourage your child to describe the picture in detail, including how he or she can identify Jesus. Say: *The Last Supper was a special time for Jesus and his followers. The story of the Last Supper reminds us of how Jesus sacrificed himself for us.*
- ▶ Have your child turn to page 158. Read aloud the introduction and discuss the question.

- ▶ Read aloud The Last Supper. Ask: *What are some things you can do for others?* (spend time with someone who is sick or lonely; read to a younger sibling)
- ▶ Read aloud Thank You, God and have your child complete the activity. Then read aloud the Reading God's Word feature. Discuss how Jesus sacrificed himself and why he did this for us.
- ▶ Say: *Meals are special times we share with our families and others we care about, just as Jesus shared the Last Supper with his followers.* Ask your child to make a place mat for each family member. Suggest that he or she draw pictures or use stickers to show favorite foods and people who are special to him or her. Proudly use the place mats at your next meal together.

Reflect: Pages 159–160

- ▶ Together look at page 159. Say: *Fold your hands and be still with Jesus in your heart. Think about how you will feel when you receive Jesus in Holy Communion.* Pause briefly. Then read aloud the title and the paragraph.
- ▶ Slowly pray aloud the prayer. When finished, allow time for quiet reflection. Conclude by praying together the Sign of the Cross.
- ▶ Have your child read aloud page 160. Say: *When we receive the Eucharist, we receive the most wonderful gift ever— Jesus Christ himself.* Invite your child to complete the activity. Then turn to Receiving Holy Communion on page 266. After reading aloud this section, practice the responses with each other.

Respond: Pages 161–162

- ▶ Ask your child to read aloud the Faith Summary. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can help others. Invite your child to complete the activity. Say: *We offer prayers during the Liturgy of the Eucharist. We can also pray with our actions by participating in the prayers, singing the songs, and paying attention.*
- ▶ Pray aloud the prayer as your child follows along. Then pray the Sign of the Cross together.
- ▶ Read aloud With My Family on page 162. Together as a family, complete the page and do the activity. Pray the family prayer. Say: *Jesus shares himself with us in the Eucharist so that we can grow closer to him. We can share our faith when we celebrate the Liturgy of the Eucharist at Mass.*

Celebrating Lent and Holy Week

Engage: Page 163

- ▶ Read aloud the title. Discuss the picture. Ask: *What are the names of some of the special days in Lent and Holy Week?* (Ash Wednesday, Palm Sunday, Holy Thursday, and Good Friday)
- ▶ Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Read aloud John 3:16–17. Then say: *The Gospel of the Lord*. Invite your child to respond *Praise to you, Lord Jesus Christ*.
- ▶ Say: *An important part of growing up is learning to set aside your own needs to tend to the needs of others. During Lent, we practice putting the needs of others first.* Read aloud the paragraphs on page 163. Ask: *How do we show our love of God?* (by true acts of kindness)
- ▶ Say: *Take a moment to remember that Jesus is always with you.* Pray aloud the prayer. Conclude by praying together *Amen*.

Explore: Page 164

- ▶ Ask: *What is something you can do to be a better person?* Together discuss ways to be more thoughtful to those around you.
- ▶ Have your child read aloud We Grow in Goodness During Lent and Holy Week. Discuss the questions.
- ▶ Read aloud A Time to Change. Say: *I am going to be more cheerful when I wake up in the morning. I will say “Good Morning” and smile at everyone I see.* Invite your child to complete the activity with ways he or she will change this Lent.
- ▶ Read aloud the Reading God’s Word feature. Ask: *What are some behaviors that you can leave behind this Lent?*

Reflect: Page 165

- ▶ Discuss how we can sometimes feel a little sad thinking about our sins and the things we have done wrong.
- ▶ Read aloud Mass During Lent and Holy Week. Say: *Remember that we all sin sometimes. It is important to ask for God’s mercy and help to do better next time. God gives us a fresh start, and that’s a good feeling.*
- ▶ Read aloud What We Experience. Discuss the simplicity of the church during Lent. Invite your child to complete the activity.
- ▶ Read aloud the Ready for the Sacraments feature. Say: *Sometimes it’s difficult to do the right thing and be good; sometimes it’s much easier to do the wrong thing, which may lead to sin. At Mass we pray to God and ask for help to follow Jesus’ example of faithfulness.*

Art Exploration: Page 166

- ▶ Find in a magazine, a book, or online a picture that shows Jesus hanging on the Cross.
- ▶ Ask: *What do you see in this picture?* Encourage your child to describe the picture in detail, including what he or she already knows about the last day of Jesus' life on earth. Say: *Jesus came to show us how much God loves us. He saved us from our sins by his sacrifice.*
- ▶ Have your child turn to page 166. Read aloud the introduction and discuss the questions.
- ▶ Read aloud Lent and Holy Week. Ask: *How can we show that we are sorry for our sins?* (ask God in prayer for forgiveness, ask others to forgive us, receive the Sacrament of Reconciliation)
- ▶ Have your child complete the activity. Ask him or her to read aloud the sentences.
- ▶ Invite your child to make a prayer pot using modeling clay. Give your child six small squares of red paper. Model how to fold each square in half and cut out a heart shape. Each week of Lent, tell your child to place one heart in the pot to represent a good deed he or she performed that week. Tell your child to place the last heart in the pot on Palm Sunday.

Respond: Pages 167–168

- ▶ Ask your child to read aloud the Faith Summary. Read aloud Ways of Being Like Jesus. Discuss a time you answered a call to grow and change. Invite your child to complete the activity.
- ▶ Pray aloud the prayer as your child follows along. Then pray the Sign of the Cross together.
- ▶ Read aloud With My Family on page 168. Together as a family, complete the page and do the activity. Pray the family prayer. Say: *During Lent and Holy Week, we are especially called to be more like Jesus in our words and actions.*