



# Sacraments, Our Way of Life

## Begin

Together write a letter to a family member who lives far away. Have your child include sentences about what he or she has learned about God, Jesus, and the Church. Read aloud the unit title on page 64. **Say:** *In this unit we will learn more about sacraments that help us love and forgive others.*

## Introduce the Saint

Focus your child's attention on the picture and read aloud the text.

**Ask:** *What do we call someone who travels to spread the faith? (a missionary)* **Say:** *We will learn about the missionary Saint Paul, his travels, and the letters he wrote.*

Read aloud the first two paragraphs. **Ask:** *How did Paul know Jesus was calling him? (A light blinded him. He heard Jesus' voice.)*

Have your child read aloud the last paragraph. **Ask:** *Where can we find Paul's letters? (in the Bible)* Point out Paul's letters to the Corinthians, Galatians, Philippians, Colossians, and Romans.

With your child add Paul's feast day, June 29, to your calendar. Plan an event together to celebrate the writings of Saint Paul the Apostle.



## Sacraments of Initiation

### Engage: Page 64

- ▶ Together with your child, look up online how to say *welcome* in different languages. Make a colorful *Welcome to Our Home* poster using all of your “welcome” words.
- ▶ Read aloud the session title and the text below it. Discuss your child’s responses.  
**Say:** *When we become new members of a group, we usually go through an initiation.*  
**Ask:** *What is an initiation?* (an introduction to a group) **Say:** *In this session we will learn that through the Sacraments of Initiation, we are welcomed into the Church as children of God.*
- ▶ **Ask:** *When we welcome someone, what are we telling him or her?* (that we care, accept, and are happy to have him or her with us) Pray aloud the prayer together.

### Explore: Pages 65–66

- ▶ Discuss groups to which you both belong. **Ask:** *Did the group have a special ceremony or activity to welcome you when you first joined?*
- ▶ Have your child read aloud *We Belong* on page 65. **Ask:** *How do we begin our lives as the People of God?* (We are baptized.)
- ▶ Read aloud the *Link to Liturgy* feature. **Say:** *During the Easter Vigil, people who have prepared to become Catholics celebrate the Sacrament of Baptism.*
- ▶ Read aloud *Christian Initiation* on page 66. **Ask:** *What do we begin in Baptism?* (a new life in Jesus Christ) *Who strengthens us in Confirmation?* (the Holy Spirit) *What do we receive in the Eucharist?* (the Body and Blood of Jesus Christ)
- ▶ Read aloud the *Reading God’s Word* feature. **Say:** *It is through the Sacraments of Initiation that we become one with God and with the Church.*

### Art Exploration: Page 184

- ▶ Find in a magazine, in a book, or online a picture of Philip welcoming the court official to the Church through Baptism.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including the setting and what Philip is doing.
- ▶ **Say:** *The disciple Philip continues Jesus’ mission.*
- ▶ Have your child turn to page 184. Read aloud the introduction and discuss the question.



- ▶ Have your child read aloud Philip and the Court Official. **Ask:** *How was Jesus denied justice? (He was an innocent man who was punished and killed.)* **Say:** *The man asked to be baptized because he understood that Jesus died for us.*
- ▶ Read aloud Welcome to the Church. Give your child time to complete the activity and share it with you.
- ▶ Invite your child to imagine this scene happening today. **Ask:** *Where could a similar scene happen? (bus, train, car)* **Say:** *Philip and the official might be wearing suits. The Baptism could take place in a park.* Give your child time to imagine. Then invite him or her to pray: *God, help me see everyone I meet as one with you.*

### Reflect: Page 67

- ▶ Together look at page 67. **Say:** *The girl in the picture looks happy because she believes in God. Let's fold our hands in a prayerful position to prepare to pray.*
- ▶ Read aloud the first paragraph. **Say:** *Respond with the words "I do" as I ask each question.* Ask the three questions, pausing after each one so that your child can reply. Read aloud the last paragraph. Together pray the Sign of the Cross.
- ▶ Have your child read aloud Sacraments in My Life. After he or she completes this section, go over the answers.

### Respond: Page 68

- ▶ 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 classmates.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.



## Celebrating Reconciliation

### Engage: Page 69

- ▶ Wear a bandage and **ask:** *What does a bandage do? (helps a wound heal) What kind of hurt has nothing to do with our bodies? (hurt feelings)*
- ▶ Read aloud the session title and the text below it. Discuss your child's response. Point out the picture. **Say:** *These people are sharing reconciliation, which happens when you forgive someone and let go of bad feelings after arguing. Hugs and apologies are like forgiveness bandages. In this session we'll read about forgiveness.*
- ▶ Ask your child to decorate a bandage and wear it as a reminder to offer someone his or her forgiveness. Pray aloud the prayer together.

### Explore: Pages 69–70

- ▶ Share a sign of peace with your child. **Say:** *We exchange this sign of peace to share with each other the peace that Jesus shares with us.*
- ▶ Have your child read aloud Peace Be with You. **Ask:** *When do we receive the gifts of peace and forgiveness? (in the Sacrament of Reconciliation)*
- ▶ Read aloud The Peace of Forgiveness on page 70. **Ask:** *When we totally reject God, what kind of sin do we commit? (mortal sin) What are less serious sins called? (venial sins)*
- ▶ Have your child read aloud Jesus' Words of Forgiveness and complete the activity.
- ▶ Read aloud the Link to Liturgy feature. **Ask:** *When do we share the Sign of Peace at Mass? (after praying the Lord's Prayer and before we receive Holy Communion)*

### Art Exploration: Page 185

- ▶ Find in a magazine, in a book, or online a picture of a group of people happy to be with one another.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including the colors and emotion.
- ▶ **Say:** *Forgiving people can be hard, but being a member of God's family means sometimes making hard choices.*
- ▶ Have your child turn to page 185. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud A Peaceful Ending. **Ask:** *What gives us a feeling of peace? (when we confess our sins and receive forgiveness in the Sacrament of Reconciliation)*



- ▶ Read aloud Forgiveness. **Ask:** *What did you do to bring about a peaceful ending? Was it difficult?* Give your child time to write about his or her experience and share it with you.
- ▶ Read aloud the Reading God's Word feature. **Say:** *This psalm expresses how God wants to give peace and forgiveness to his people. We receive both when we celebrate the Sacrament of Reconciliation.*
- ▶ Brainstorm various peace symbols. Give your child art supplies to make a bumper sticker using one of these symbols. Have your child fold a sheet of drawing paper in half to make a long rectangle. Ask him or her to write the message neatly and then illustrate the bumper sticker. Display the "sticker" in your home.

### Reflect: Page 71

- ▶ Together look at page 71. **Say:** *The boys in the picture are showing that they care about each other. They are being like Jesus and following in his footsteps.*
- ▶ Read aloud the first paragraph. Lead your child in praying the Act of Contrition. Spend time in silence, thanking Jesus for his gift of forgiveness. Then pray together *Amen*.
- ▶ Read aloud Bringing Peace to Others. **Ask:** *How do you feel when someone you've hurt forgives you?* (happy, peaceful)
- ▶ Take turns reading aloud the situations presented in Choosing Peace. Guide your child to see which choice brings peace to both people. **Say:** *Remember that God wants us to forgive everyone, whether or not the person asks for our forgiveness.*

### Respond: Page 72

- ▶ 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 forgive others and be willing to admit being wrong about something.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.



## Celebrating the Eucharist

### Engage: Page 73

- ▶ Discuss your favorite family dinners. **Ask:** *Who is there? What do we like to eat? What do we talk about?*
- ▶ Read aloud the session title and the text below it. Discuss your child's response. **Say:** *The meal we share with our parish family is called the celebration of the Eucharist. In this session we will learn about a special meal that we share with our parish family and why building a strong community is so important.*
- ▶ Ask your child to think about how he or she celebrates Sunday (the Lord's Day) with your family. Pray aloud the prayer together.

### Explore: Pages 73–74

- ▶ Read aloud Do This and Remember Me and point out the vocabulary word. **Say:** *During Mass the priest prays these words during the consecration of the bread and wine.*
- ▶ Have your child read aloud We Imitate Jesus on page 74. **Ask:** *How is Christ present with us at Mass? (He is in the people gathered, the priest, the Scripture readings, and the Eucharist.)* **Say:** *Worship is the adoration and praise we give to God. We celebrate the Eucharist regularly to worship God.*
- ▶ Read aloud the Link to Liturgy feature. **Say:** *When we sing or say these words, we are praising God.*

### Art Exploration: Page 186

- ▶ Find in a magazine, in a book, or online a picture of a child receiving the Sacrament of the Eucharist.
- ▶ **Say:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including what the child is wearing and doing.
- ▶ **Say:** *When we receive Holy Communion, we are one with Jesus. All Catholics are part of one big family.*



- ▶ Have your child turn to page 186. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud *The Mass Makes Us One Family*. Discuss your experiences of attending Mass in other churches or countries.
- ▶ Read aloud *Your Special Day*. Allow time for your child to write about his or her First Holy Communion. Together look at photos of your child's First Holy Communion and share your memories of that day.
- ▶ Invite your child to collect pictures from magazines and newspapers of people sharing a meal at home, in church, or in restaurants. Have your child make a collage and write words that summarize his or her feelings about First Holy Communion, such as *family, Mass, Holy Communion, sharing, or Jesus*.

### Reflect: Page 75

- ▶ Together look at page 75. **Say:** *We have read and talked about how Jesus gave himself to us in the Sacrament of the Eucharist.* Take time to thank Jesus for the gift of himself.
- ▶ Have your child get comfortable. Read aloud each paragraph. Pause after each one so that your child can reflect. Pray together the Sign of the Cross.
- ▶ Have your child read aloud *We Celebrate the Lord's Day*. **Say:** *Catholics all over the world celebrate the Mass on the Lord's Day in a similar way. We listen to the same readings in the Liturgy of the Word. The bread and wine become the Body and Blood of Christ in the Liturgy of the Eucharist.*
- ▶ Read aloud *Days of Celebration*. **Say:** *An obligation means a duty to do something. As Catholics, it is our special duty to attend Mass on Holy Days of Obligation, just as we do on Sundays.*
- ▶ Read aloud *Holy Days Matching* and have your child complete the activity.

### Respond: Page 76

- ▶ 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 gather for Mass and celebrate the Eucharist.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the *With My Family* suggestions. Invite your child to choose one or more to complete today.



## Christian Living

### Engage: Page 77

- ▶ Pack a small bag with items from professions in which people help others, such as a hammer, a whistle, or a ruler. **Ask:** *How would people in our community use these things to help others?*
- ▶ Read aloud the session title and the text below it. Discuss your child's response. **Ask:** *What does Christian living mean to you? (following Jesus by helping people and doing good for others)* **Say:** *In this session we will learn about ways that people use their gifts to serve the community.*
- ▶ Talk about people in your community who help you and your child every day. Pray aloud the prayer together.

### Explore: Pages 77–78

- ▶ Discuss the special talents shared by your family members. **Say:** *Each of us has received different gifts, and we are each called to share these gifts in different ways.*
- ▶ Read aloud The Call to Share Our Gifts on page 77 and point out the vocabulary words. **Ask:** *What do we call our way of life, the way we are asked to live to share our gifts? (our vocation)* Discuss how the people in the pictures serve God and the Church.
- ▶ Read aloud Sacrament of Matrimony on page 78. **Say:** *Matrimony is one of two sacraments that bless a vocation. It blesses those who choose to marry.*
- ▶ Have your child read aloud Your Vocation and share what his or her future vocation might be. Ask how this relates to his or her gifts and how your child might serve God and others.
- ▶ Read aloud the Meet a Saint feature. **Ask:** *What was Andrew Kim Taegon's vocation? (priest)* *What does his life show us? (how to be strong in answering God's call)*

### Art Exploration: Page 187

- ▶ Find in a magazine, in a book, or online a picture of someone helping prepare a meal.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including what each child is doing.



- ▶ **Say:** *We are called upon to be helpful to our families and communities because we are all part of God's creation.*
- ▶ Have your child turn to page 187. Read aloud the introduction and discuss the question.
- ▶ Read aloud *Many Gifts, One Spirit*. **Ask:** *What does Saint Paul say the Holy Spirit does for us? (gives us different gifts, helps us use our gifts to serve others) What are some ways we can bring joy to the work God gives us? (play music, work with friends, pray, sing, smile, be thankful)*
- ▶ Have your child read aloud *Working Together* and complete the activity. Encourage him or her to share the responses with you.
- ▶ Read aloud the *Link to Liturgy* feature. **Say:** *Next time we go to Mass, pay close attention to see if you can hear the Dismissal of the Mass.*
- ▶ Ask your child to illustrate one of his or her responses in *Working Together*, using drawing paper, crayons, or markers. Display the artwork in your home.

### Reflect: Page 79

- ▶ Together look at page 79. **Ask:** *What gift does the boy in the picture share with others? (his music) Say:* *Remember to thank Jesus for your talents and for his guidance in using them to help others.*
- ▶ Read aloud the paragraphs, pausing after each question. Allow your child time to think about different vocations. Lead him or her in praying the Sign of the Cross.
- ▶ Read aloud *What Will I Do?*

### Respond: Page 80

- ▶ 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 use his or her special talents to help others.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the *With My Family* suggestions. Invite your child to choose one or more to complete today.



## Celebrating Lent and Holy Week

### Engage: Page 81

- ▶ Display a picture of a palm from a palm tree. **Ask:** *When do we see palms in our church?* (on Palm Sunday)
- ▶ Read aloud the session title and the text. **Ask:** *What do we prepare for during Lent?* (the celebration of Jesus' Resurrection at Easter) *What do we remember during Holy Week?* (Jesus' suffering, Death, and Resurrection) **Say:** *In this session we'll learn about Lent and Holy Week—a time of year when we learn how to be more like Jesus by helping others.*
- ▶ Together use a calendar to help you make a time line that shows Ash Wednesday, Palm Sunday, Holy Thursday, Good Friday, Holy Saturday, and Easter Sunday. Pray aloud the prayer together.

### Explore: Page 82

- ▶ **Ask:** *What does it mean to “put yourself in someone else’s shoes”?* (imagine you are in someone else’s position, feeling or reacting how that person might to something that has happened) **Say:** *Lent is a time to be aware of other people’s situations.*
- ▶ Have your child read aloud We Grow in Virtue During Lent and Holy Week and answer the question.
- ▶ Read aloud Almsgiving. Emphasize the importance of helping people in need of love, food, and shelter this Lent.
- ▶ Read aloud the Reading God’s Word feature. **Ask:** *How can our family give to others this Lent?* Discuss your child’s ideas.

### Reflect: Page 83

- ▶ **Ask:** *What is a prayer of intercession?* (a prayer that asks God for help on behalf of another) **Say:** *Lent is a good time to pray prayers of intercession.*
- ▶ Read aloud Mass During Lent and Holy Week. **Say:** *During Lent we strive to think of others, not just ourselves. One way we can help others in need is to pray for them.*
- ▶ Have your child read aloud What We Experience. **Ask:** *What do you notice about decorations in church during Lent?* (The church is plain. There are no flowers. The priest wears purple vestments.)
- ▶ Read aloud Let Us Pray to the Lord and ask your child to complete the activity.
- ▶ Read aloud the Did You Know...? feature. **Say:** *Many events in the Old and New Testaments contain the number 40. For example, Lent lasts for 40 days, the great flood lasted for 40 days, the people of Israel wandered the wilderness for 40 years, and Christ prayed in the desert for 40 days.*



### Art Exploration: Page 188

- ▶ Find in a magazine, in a book, or online a picture of Jesus on the cross.
- ▶ **Ask:** *What do you see in this picture?* Encourage your child to describe the picture in detail, including how it makes him or her feel.
- ▶ **Say:** *During Lent we remember Jesus' strength and suffering as we prepare our hearts for Easter.*
- ▶ Have your child turn to page 188. Read aloud the introduction and discuss the question.
- ▶ Read aloud Jesus in the Desert. **Ask:** *How can we honor Jesus' sacrifice? (fast, practice positive new habits, care for people who need help, pray, go to church, be grateful for Jesus, think about how we treat others) What does it mean to fast? (to eat less, to not eat, to stop doing something) Say:* *The word fast can also mean "to hold tight." You can make a Lenten promise and try to hold tight to that promise. We are called to spend 40 days paying attention to how we treat others.*
- ▶ Have your child read aloud A Lenten Promise. Ask your child to spend some time thinking of a meaningful Lenten promise and write about it. Invite him or her to share with you his or her idea for honoring Jesus during Lent.
- ▶ Give your child drawing paper, a paintbrush, and watercolor paints. Ask your child to paint Jesus in the desert as a reminder to keep the Lenten promise he or she wrote about. Encourage your child to keep his or her Lenten promise.

### Respond: Page 84

- ▶ Ask your child to read aloud the Faith Summary. Review the Word I Learned in this session. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can reach out to others by being a good listener.
- ▶ Read aloud the prayer as your child follows along. Pray the Sign of the Cross together.
- ▶ Read aloud the With My Family suggestions. Invite your child to choose one or more to complete today.