

### Welcome & Prayer

A reading from the Gospel according to Luke

*Now that very day two of them were going to a village seven miles from Jerusalem called Emmaus, and they were conversing about all the things that had occurred. And it happened that while they were conversing and debating, Jesus himself drew near and walked with them, but their eyes were prevented from recognizing him.*

*As they approached the village to which they were going, he gave the impression that he was going on farther. But they urged him, "Stay with us, for it is nearly evening and the day is almost over." So he went in to stay with them. And it happened that, while he was with them at table, he took bread, said the blessing, broke it, and gave it to them. With that their eyes were opened and they recognized him, but he vanished from their sight. Then they said to each other, "Were not our hearts burning [within us] while he spoke to us on the way and opened the scriptures to us?"*

[Luke 24:14-16, 28-32]

Reflection:

- Do I recognize Jesus in the breaking of bread during the Mass?
- Do I believe Jesus when he says that he IS the bread of life (John 6:48-58)?
- How does Holy Communion bring me more fully into communion with God and others?
- Has my understanding of Eucharist changed since I was a child?

### Church Teaching (Video on FORMED—“The Eucharist as Sacrifice and Communion”)

- Transubstantiation—“Change the Substance”
- Real Presence—Bread and Wine—Body, Blood, Soul and Divinity of Jesus Christ
- Meal & Sacrifice
- Confession of sins prior to receiving Holy Communion
- Communion with God and the Church
- Eucharist is the “source and summit” of the Christian life
- Grave sin to intentionally miss Mass

Reflection:

- Is there one idea about Eucharist that stands out to you right now?
- How do you prepare to receive Holy Communion? How might you better prepare?

# 12 ways

## FAMILY LIFE PREPARES US FOR THE EUCARIST

What you do at home prepares you and your child for the sacred work we participate in at Mass. Our lives are not separated into compartments, with some of it sacred and some not. Every part of our lives can be filled with God's presence.

**1 Gather together on the weekends.**

By taking time out to connect with one another and being mindful that God is with us, we prepare to gather with our parish community. Make the hours before and after attending Mass special.

**2 Forgive and seek forgiveness.**

We begin our worship by asking God's mercy. Our life at home is sweetened when we "forgive those who trespass against us."

**3 Pray in daily life.** It prepares us to respond to the celebrant's call at Mass: "Let us pray."

- 4 Practice listening at home.** If we cannot listen to one another, we will not be ready to listen and hear the Word of God at Mass.
- 5 Recognize the Good News happening in our own lives.** If we fail to see God present in our home, we won't likely recognize God in the stories of the Gospel.
- 6 Ask for help and for what you need.** In the family we learn we are dependent on one another. It prepares us to depend on God and on our fellow believers.
- 7 Be of service to one another.** Service around the home prepares us for offering ourselves to God at Mass. We bring all our prayers, works, joys, and sufferings to the altar.
- 8 Praise God together at home.** Whether at mealtime, bedtime, or in gratitude for blessings received, praise at home helps us lift up our hearts to the Lord at Mass.
- 9 Find Christ in one another every day.** It will prepare us to see Christ in the people we gather with at Mass.
- 10 Share memories as a family.** At Mass, we remember the great things God has done, and we remember the gift of the self that Jesus offered for us.
- 11 Thank one another.** When we teach our children to say please and thank you, we prepare them to offer their gratitude at Mass.
- 12 Go forth living your faith.** Part of family life is preparing our children to live good lives. This reinforces the final message of the Mass—to go forth in peace to glorify the Lord, loving and serving one another.

**ACTION:** Identify one area of family life that you already practice and one area that you want to strengthen.

- MASS: The best way to help your child to prepare to receive the Eucharist is regular participation in the Mass.
  - Encourage your child to use *My Mass Booklet* to learn the prayer responses, postures and gestures.
  - *My Little Mass Journal* helps children to listen for God's voice at Mass. The children will receive the journal as a gift on the day of First Eucharist. The journal helps children to continue to grow in appreciation for the gift of the Mass.
- MEALS: Make the Most of Mealtimes: Commit to gathering as a family for meals as often as possible. Begin with prayer and eliminate distractions so you can share about your day and listen to your family members as they share.
- MENTORS: Involve Your Child's Godparents/Grandparents. Invite them to share meals with your child and to share their experience of Eucharist.

### **Determining readiness to receive First Eucharist**

Does my child express the following:

- A desire to receive the Eucharist
- An understanding that the bread and wine have indeed become the Body and Blood of Jesus Christ, and that Jesus is truly present
- An awareness of the significance of participating in Sunday Eucharist
- An understanding of God's action of grace in their lives and of their responsibility to be in a state of grace to receive the Eucharist worthily
- An awareness of God's invitation to be His child and friend

### **Receiving the Blessed Sacrament**

- Worksheet: "Holy Eucharist—One Step at a Time"  
Please practice at home with your child.
- Low Gluten Hosts: People who experience gluten intolerance are offered low gluten hosts. Please speak to the DRE to receive a pyx. Prior to each Mass you will place a low gluten host (available in the sacristy) in the pyx and then place the pyx on the table behind the altar. The DRE or a sacristan can show you where the table is located.

## St. Ambrose Dates/Activities

- Online Registration for Sacraments—Complete as soon as possible.  
[www.stambrosehaven.com/first-reconciliation](http://www.stambrosehaven.com/first-reconciliation)
- Blessing of Students Preparing to Receive Sacraments: Jan 24/25
- First Reconciliation Retreat: Virtual Retreat in March
- First Reconciliation: Monday, March 23rd 6:00 pm
- First Eucharist Retreat/Practice: Sunday, April 19th 11:30 am to 1:30 pm
- First Eucharist: Saturday, April 25<sup>th</sup> 11:00 am
- Dress Requirements
  - Girls—White dress (veil/headpiece optional); No gloves during Mass
  - Boys—Dress pants, dress shirt, tie, jacket (Formal suits are optional)
- Gifts: A table will be set up in the front of the church on which to place any gifts you would like blessed. During the closing prayer, Msgr. Zemanik will bless the items using holy water. Please place items in a plastic bag labelled with your name.
- Slideshow: Each family will be invited to submit 1 or 2 photos of your child to be included in the slideshow, which will be shown before Mass begins. The photos should show special moments--Baptism, first day of school, a special family occasion or a project/award/event at school, in Scouting, the arts or sports.
- PREP Families: Complete Blessed Chapter 1 prior to the next session.

Enjoy these programs on the FORMED platform. [www.signup.formed.org](http://www.signup.formed.org)  
Enter the parish name and zip code.

### For Adults:

- PRESENCE: THE MYSTERY OF THE EUCHARIST  
The series includes an episode titled “For Parents: Preparing Your Child for First Holy Communion.”
- LECTIO: EUCHARIST  
This series explores the biblical roots of the Eucharist.
- BREAD OF LIFE: THE EUCHARIST IN GALILEE  
This series explores Jesus’ teaching on the Eucharist.

### For Children:

- PRESENCE: THE MYSTERY OF THE EUCHARIST  
Includes the episode “For Children: The Miracle at Every Mass.”
- “The Eucharist for Little Children”
- “The Bread of Life: Celebrating the Eucharist.” (Brother Francis)