

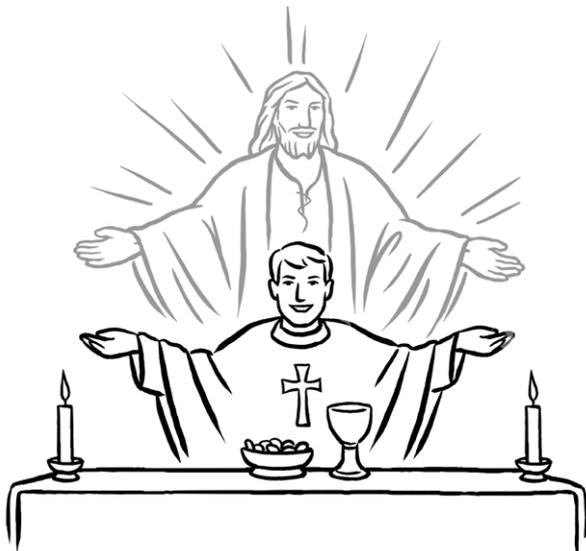
# Sunday, our special day

FOCUS

1. Sunday is a special day for Christians who gather together to celebrate the Mass.
2. When we celebrate the Mass, we gather to worship God and receive the Eucharist.
3. Jesus promises that when we gather in his name, he is there with us.
4. The Mass has two parts: Liturgy of the Word and Liturgy of the Eucharist.

One day Jesus and his friends sat down to have a meal together. It was a happy time. Everyone sat around a large table. Jesus said the blessing, "Thank you, God," and they began to eat. Jesus told them, "You are my friends. I love you very much." Jesus knew that he would not always be with his friends. He took bread and wine and shared it with each of them. He told them that this was how they could always remember him. He said, "Whenever you do this, remember me."

Every time we come to Mass we gather for a celebration. We listen to God's word from the Bible. Gifts of bread and wine are offered (they become the Body and Blood of Jesus). The priest says a great prayer of thanks and praise, and we sing, "Amen." Amen means 'Yes, I believe.' We believe that Jesus is really present with us at Mass. At the end of Mass the priest tells us to go in peace to love and serve the Lord. We do this by helping and caring for other people.



## SUGGESTED HOME ACTIVITIES

These are some suggested activities to do at home with your child.

1. Read and discuss the two passages with your child. Ask him or her 'I wonder' questions eg. I wonder ... how the disciples felt at the Last Supper. I wonder ... how we can remember Jesus' meal with his disciples. I wonder ... what have we noticed when we go to Church. I wonder ... if Mass is the same in other countries.
2. Show your child pictures depicting different parts of the Mass and talk to him or her about them.
3. Take your child to Mass each week.
4. Talk to your child about the key elements of the Mass ie: gathering, listening to God's Word, the Eucharist, going in peace.
5. Do things together as a family on Sunday eg: a walk, a family meal, visiting a relative.
6. Teach your child a special prayer to say each Sunday morning. Try to say it with him or her each week.
7. More activities can be found at [www.ccdsydney.catholic.edu.au](http://www.ccdsydney.catholic.edu.au)  
Click on Home Activities.

## To Remember:

Jesus is with us at Mass.

Every time we go to Mass we see many things. Write down the missing word for each picture.

People  
Bread  
Priest  
Bible



P is for P \_ \_ \_ \_ \_

(who celebrates Mass)



P is for P \_ \_ \_ \_ \_

(who gather for Mass)



B is for B \_ \_ \_ \_ \_

(the Word of God)



B is for B \_ \_ \_ \_ \_

(which becomes the Body of Christ)



God,  
I will stop each Sunday,  
to think of you and pray.  
I will do good things for others,  
on your special day. Amen.