

**LESSON TEN – Parents at Home:
Mass/Eucharist**

1) Read:

- Jn 6:48-51
- Lk 22:14-23

2) Teach:

- Teach your children that it is truly Jesus whom we receive in Holy Communion and that only the appearances of bread and wine remain after the priest says the words of Jesus at the consecration at Mass.

3) Watch:

- <https://www.youtube.com/watch?v=8jxwGIXfoOo> (Who can receive Holy Communion)
- <https://www.youtube.com/watch?v=-pw7Hl4RxFI> (Why we attend Mass on Sunday)

4) Discuss:

- The various symbols and things that are found in our parish Church (and in other Catholic Churches) with your children (the altar, the tabernacle, the crucifix, holy water, statues of saints, stained glass windows, the baptismal font, the organ, etc.)

5) Do:

- How to behave in Church at Mass and how to receive Holy Communion.

6) Homework:

- Read through the 1st Eucharistic Prayer with your children and discuss what it means with them.