



Sacraments, Our Way of Life

Begin

Write the following words on a dry-erase board or a sheet of paper: *school, store, church, 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 91. **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 Pope Saint Pius X on page 91 and have your child read aloud the text. **Say:** *Because Pius X was a pope who later became a saint, he has both the titles pope and saint in his name. The Roman numeral X stands for the number 10. That means he was the tenth pope named Pius.*

Turn to page 92. Have your child read aloud the heading and the first paragraph. **Say:** *Pope 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 second paragraph. **Say:** *Charities, such as the St. Vincent de Paul Society, are organizations that help people in need.* **Ask:** *How do you think Pope Saint Pius X was like Jesus? (He spent his life in service to others.)*

With your child add Saint Pius's feast day, August 21, to your calendar. Plan an event together to celebrate the service of Pope Saint Pius X.



New Life in Jesus

Engage: Page 93

- ▶ **Ask:** *What do you think makes a good team member? (being fair, giving everyone a turn, listening to other people's ideas)*
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's responses. **Say:** *In this session we will learn how the sacraments help each of us become a member of the Church and stay a good member.*
- ▶ Have your child think about teams or groups he or she belongs to. **Ask:** *How can you be a better member of each group or team? Pray aloud the prayer together.*

Explore: Pages 94–95

- ▶ **Ask:** *What are some signs that you belong to a certain team or group? (uniforms, badges, T-shirts)* **Say:** *A sacrament is a special sign for our Church members.*
- ▶ Read aloud Special Signs from God and Baptism on page 94. **Say:** *What are sacraments? (special signs that show God is with us) Who gave the sacraments to the Church? (Jesus) What are the Sacraments of Initiation? (Baptism, Confirmation, and the Eucharist)*
- ▶ 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 Confirmation on page 95. **Say:** *We grow in faith as God's children in the Sacrament of Confirmation.*
- ▶ Read aloud Eucharist. **Say:** *At Mass the bread and wine become the Body and Blood of Jesus Christ that we receive in Holy Communion. Consecration makes a thing or a person special to God through prayer. The priest consecrates the bread and wine.*
- ▶ 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 anytime.*

Art Exploration: Page 250

- ▶ Find in a magazine, in a book, or online a picture of Saint Peter holding keys.
- ▶ **Ask:** *What do you see in this picture?* Encourage children 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 250. 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 the first paragraph of Saint Peter Is a Leader. **Ask:** *How do you think Saint Peter helped others become the best they could be? (baptized them, taught them, prayed with them)* Brainstorm a list of current local, diocesan, and universal Church leaders. Then read aloud the last paragraph and 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 96–97

- ▶ Together look at page 96. **Say:** *Use your imagination to tell what the girl in the picture sees, hears, feels, and smells.* Tell your child to do the same when he or she talks to Jesus in prayer.
- ▶ Read aloud each paragraph softly. Pause to allow your child time to think about his or her response to each question. Encourage your child to talk to Jesus in his or her heart. Together pray the Sign of the Cross.
- ▶ Have your child read aloud The Sacraments in Our Lives on page 97. **Say:** *The sacraments are special signs that show us that God is with us.*
- ▶ Read aloud Making Peace. Suggest that your child look back at pages 94–95 for the answers while he or she completes the activity.

Respond: Page 98

- ▶ 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.
- ▶ 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.



Jesus Loves the Church

Engage: Page 99

- ▶ **Say:** *Imagine you have just moved into a new neighborhood. How do you feel? (nervous, lonely) What do you wish your neighbors would do for you? (welcome you to the neighborhood, include you in activities)*
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's responses. **Say:** *When someone new comes to our neighborhood, school, or parish, we should try to make that person feel welcome. In this session we'll learn ways we can show our love as followers of Jesus by making others feel welcome.*
- ▶ 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.

Explore: Pages 100–101

- ▶ 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?*
- ▶ **Ask:** *What is a disciple? (a follower of Jesus')* Read aloud Inviting Jesus to Dinner on page 100. **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)*
- ▶ Read aloud the Reading God's Word feature. Invite your child to read aloud the verse, using gestures: *Jesus' followers came together to learn* [put hands together to form a book], *to pray* [join hands and bow head in prayer], *and to break bread* [mime eating].
- ▶ Have your child read aloud Jesus Is with Us on page 101. **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 251

- ▶ Find in a magazine, in a book, or online a picture showing adults and children walking to or entering a 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 all the people.
- ▶ **Say:** *When we serve others in our parish community, we show our love for the family of God.*



- ▶ Have your child turn to page 251. Read aloud the introduction and discuss the question.
- ▶ Read aloud the first paragraph of We Are Members of the Church. **Say:** *Being a member of the Church means giving time and talent to serve the community God created. This service done for others is called ministry.* **Ask:** *What are some ways that children your age 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) Have your child read aloud the last paragraph. 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 the cross with glitter and glue a safety pin 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 102–103

- ▶ Together look at page 102. **Ask:** *Where is the boy in the picture?* **Say:** *We say a prayer of blessing before every meal. As we ask for God's blessing on "these your gifts," we can include the gift of food and all the blessings of the day.*
- ▶ Read aloud the first two paragraphs. Pray aloud the prayer. Close by encouraging your child to pray this prayer with your family at mealtimes.
- ▶ Read aloud Welcome, Jesus! on page 103. **Ask:** *How can you invite Jesus into your life?* (pray, go to Mass, do acts of service)
- ▶ Have your child read aloud A Message for Jesus. Invite your child to complete the activity and share with you his or her welcome message to Jesus. **Say:** *When we welcome others into our lives, we are welcoming Jesus too.*

Respond: Page 104

- ▶ 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.
- ▶ 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.



Gathering for Mass

Engage: Page 105

- ▶ Discuss with your child how your family prepares to go to Mass. What are some things that your family does to get ready for Mass that are different from other activities?
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's responses. Point out the picture. **Ask:** *What do you think the boy and his mother might be preparing for?* **Say:** *In this session we will learn more about how we prepare for Mass and then gather with others to celebrate Mass.*
- ▶ Ask your child to think about what people do to prepare for Mass once they arrive at church. Suggest that he or she think about how the altar and offertory table are prepared, how the musicians practice, and how the ushers seat people. Pray aloud the prayer together.

Explore: Pages 106–107

- ▶ Discuss the jobs of people you see participating in Sunday Mass. **Say:** *Some people have jobs such as altar servers, lectors, and choir members.* **Ask:** *What things are we all called to do at Mass?* (sing, say the responses)
- ▶ Read aloud The Mass Begins on page 106. **Ask:** *What happens at Mass after the Entrance Chant?* (The priest greets everyone and leads people in asking God to forgive their sins.)
- ▶ Have your child read aloud Hearing God's Message. Discuss the vocabulary words.
- ▶ Read aloud the Reading God's Word feature. **Ask:** *What does this verse tell us?* (how important it is to listen to God's messages)
- ▶ Have your child read aloud Responding to God's Word on page 107. **Say:** *The Liturgy of the Word is the part of Mass when we listen to God's Word from the Bible.* Review the information in the section The Order of Mass, which begins on page 202.
- ▶ 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 252

- ▶ Find in a magazine, in a book, or online a picture of a plaque with 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 252. Read aloud the introduction and discuss the question.
- ▶ Have your child read aloud The Four Gospels. **Ask:** *What do we call the four Gospel writers? (Evangelists) Ask your child to name each Evangelist and his symbol.*
- ▶ Read aloud the activity directions in Symbol Match. Allow time for your child to complete the activity. Discuss your child's 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 them into the symbol. Ask your child to explain his or her choices when sharing the finished symbol with you.

Reflect: Pages 108–109

- ▶ Together look at page 108. **Say:** *Mass is a special time to pray for the forgiveness of our sins, ask for God's blessings, and listen to God's messages from the Bible.*
- ▶ Slowly read aloud the paragraphs. Pause after each one to give your child time to reflect. Invite your child to open his or her eyes and join you in praying the Sign of the Cross.
- ▶ Have your child read aloud The Mass on page 109 and complete the activity. Discuss the responses when he or she is finished.
- ▶ Read aloud the Link to Liturgy feature. **Ask:** *Where have you heard these words before? (at Mass) Take turns acting out the role of the reader and the role of the people.*

Respond: Page 110

- ▶ 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.
- ▶ 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 111

- ▶ Together brainstorm things that children share with each other, such as toys, treats, and books. **Say:** *We share our time, possessions, and goodwill with people in our lives.*
- ▶ Read aloud the session title and the text in the blue box. Discuss your child's responses. **Say:** *We share our faith when we celebrate the Liturgy of the Eucharist at Mass. In this session we will learn how Jesus shares himself with us in the Eucharist so that we can grow closer to him.*
- ▶ Ask your child to find a way to share his or her time with others every day this week. Discuss different situations that would work with your child. Pray aloud the prayer together.

Explore: Pages 112–113

- ▶ 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."
- ▶ Read aloud Liturgy of the Eucharist on page 112 and point out the vocabulary words. **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 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? (celebrate Mass)*
- ▶ Have your child read aloud Attending Mass on page 113. Turn to page 209 and discuss each of the Holy Days of Obligation.
- ▶ Read aloud the Ready for the Sacraments feature. Connect the washing of the feet to Mass on Holy Thursday.

Art Exploration: Page 253

- ▶ Find in a magazine, in a book, or online a picture of Jesus and his disciples having a meal together.
- ▶ **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 253. Read aloud the introduction and discuss the question.
- ▶ Read aloud The Last Supper. **Say:** *The Last Supper has an important meaning for Catholics. It reminds us of Jesus' great love and the sacrifice he made. It shows how we can make sacrifices by doing things for others.* **Ask:** *What are some ways that you can give of yourself to 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. Invite your child to share his or her thank-you letter with you.
- ▶ **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 in the colorful style of the Art Print or use stickers to show favorite foods and people who are special to him or her. Encourage your child use the place mats at your next meal together.

Reflect: Pages 114–115

- ▶ Together look at page 114. **Say:** *The boy in the picture might be setting aside prayer time to think about receiving Jesus in the Eucharist.*
- ▶ Slowly read aloud the first two paragraphs, giving your child time to listen to the words of the prayer. Read aloud the last two paragraphs, pausing after each sentence. Close by praying the Sign of the Cross together.
- ▶ Have your child read aloud The Eucharist on page 115. Turn to Receiving Holy Communion on page 208. After reading aloud this section, practice the responses with each other.
- ▶ Read aloud Jesus' Gift. Give your child time to complete the activity.

Respond: Page 116

- ▶ 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.
- ▶ 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 117

- ▶ Wear something purple. Point to the purple clothing and ask: *Why is this color special to our Church?* (It is the color of Lent.)
- ▶ Read aloud the session title and text. 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) **Say:** *In this session we'll learn about Lent and Holy Week. This time of year we remember to ask God to help us become the people he calls us to be.*
- ▶ Discuss ways that your family prepares for Lent and Holy Week. Pray aloud the prayer together.

Explore: Page 118

- ▶ **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 together.
- ▶ 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 does it mean to put away your old self? (to leave behind behaviors that are not like Jesus') What are some behaviors that you can leave behind this Lent?*

Reflect: Page 119

- ▶ 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 all of us sin sometimes. It's 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.
- ▶ Have your child read aloud *Important Days* and complete the activity. Then ask your child to tell what he or she knows about each special day.
- ▶ 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 254

- ▶ Find in a magazine, in a book, or online a picture that shows Jesus 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 days 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 254. 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 Penance) *What special days do we celebrate during Holy Week?* (Palm Sunday, Holy Thursday, Good Friday, and Holy Saturday)
- ▶ Have your child read aloud About Lent and use the words in the box to complete the sentences. 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 that the last heart should be placed in the pot on Palm Sunday.

Respond: Page 120

- ▶ Ask your child to read aloud the Faith Summary. Read aloud Ways of Being Like Jesus. Ask your child to suggest specific ways he or she can spend time with someone to make a new friend.
- ▶ 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.