

DVD 3—Bearing Witness to the Eucharist 13 min.

Faith Focus: The Eucharist is the source and summit of the Christian life. We are called to celebrate this sacred mystery so that we might receive Christ in Holy Communion, be transformed by his Body and Blood, and live out our faith in our daily lives.

Summary: Catholics of all ages share their experiences of their own First Holy Communion, offer thoughtful advice to those preparing to celebrate the Eucharist for the first time, and share what this sacrament means to them today.

1. My First Holy Communion: Adults and young people share personal and joy-filled memories of their own first Holy Communion.
 2. The Advice I Would Give: Viewers are offered heartfelt advice on how to prepare to celebrate and receive the Eucharist for the very first time.
 3. The Eucharist in My Life: Catholics of all ages share why the Eucharist is important to them and what it means in their daily life.
- The Eucharist is...Catholics give final thoughts on Eucharist

Objectives: Viewers will

- Reflect on the meaning of the Sacrament of the Eucharist.
- Receive advice on how to prepare for the Sacrament of the Eucharist
- Understand the importance of the sacrament.

Begin with family prayer.

Prepare:

- Is there a favorite Scripture story or psalm that you hear at Mass? What is it? Why is it your favorite?
- Do you have a favorite part of the Mass? What is it? Why is it special to you?

View and Discuss:

- Track 1 “My First Holy Communion”
 - What do you remember about preparing for your First Holy Communion? What have you learned? What have you enjoyed most about the preparation time?
- Track 2 “The Advice I would Give”

- What advice do you think is most helpful?
- Track 3 “ The Eucharist in my Life”
 - How can receiving the Eucharist change your life?

Making More Connections: This activity will be found in your parent guide, God’s Gift Together, Preparing at Home for First Eucharist.

- Have children complete: The Eucharist is... using words and/or pictures.
- Moms and Dads: Discuss ways you can help your children develop the eyes to recognize God’s presence in the ordinary objects of daily life. P. 18

Closing Prayer:

- Lord, thank you for the gift of your Body and Blood in the Sacrament of the Eucharist. May I always love you above all things. Amen.