

RELIGIOUS EDUCATION : SACRAMENT – EUCHARIST – GIVING & RECEIVING – YEAR 4

*Note to teachers/parents and carers.

This work comes from the Come and See Religious Education programme which is taught in all Catholic primary schools in the Archdiocese of Liverpool. We have given a general guide to the learning opportunities that children may have come across under normal timetabling in school. We have suggested and selected a small amount of the programme. The activities aim to keep Religious Education practical and fun. They are in Year groups however, there is no harm in completing other year group work as this will help children to remember and strengthen their learning.

The first part of learning is called – **EXPLORE**. This shares your child's everyday experiences and helps them to see how the Catholic faith is lived in their everyday lives. The second part, called – **REVEAL** shares bible stories and Church tradition that links to their everyday life.

This theme is a **SACRAMENTAL** theme, and the children will be studying the sacrament of Holy Eucharist – Holy Communion. For Christians, communion has a significant meaning. To receive communion means being in union with Jesus Christ and with one another. It means breaking and sharing the consecrated Bread which Catholics believe is the Body of Christ. To celebrate Eucharist means community. It challenges believers to ask, 'Can I share this Eucharist if I do nothing to help my brother or sister who is hungry?' 'Can I partake of this communion if I refuse to forgive a wrong?'

Different names include:

Eucharist, (Thanksgiving) because it is an action of thanksgiving to God.

The Lord's Supper, because of its connection with the supper which the Lord took with his disciples on the eve of his Passion.

The Breaking of Bread, because Jesus used this Rite, part of a Jewish meal, when as master of the table he blessed and distributed the bread, above all at the Last Supper. It is by this action that his disciples recognised him after his Resurrection.

The **memorial** of the Lord's Passion and Resurrection.

The **Holy Sacrifice**, because it makes present the one sacrifice of Christ the Saviour and includes the Church's offering.

Holy Communion, because by this sacrament we unite ourselves to Christ who makes us sharers in his Body and Blood to form a single body.

Holy Mass, (Missa) because the liturgy concludes with the sending forth (missio) of the faithful, so that they may fulfil God's will in their daily lives. (cf 1328-1332)

In Year 4, the children will be studying the topic of GIVING & RECEIVING. They will learn that when we celebrate the Eucharist Jesus gives himself to us in Word and Sacrament. We are called to follow the example of Jesus by giving ourselves to others in the world. At the end of Mass, we are sent out to continue the work of Jesus by living out the message we heard from the Word of God.

RELIGIOUS EDUCATION – YEAR 4 – SACRAMENT – GIVING & RECEIVING

EXPLORE – Giving and receiving every day.

At the end of EXPLORE:

Children may be able to discuss and **compare** their own and others' experiences and feelings about giving and receiving.

Children may be able to **make links** to show how feelings and beliefs about giving and receiving affects their own behaviour and that of others.

Read this story together and talk about what has happened:

What a day!

The day did not start well today. First thing this morning, Mum asked me to help her with the breakfast – just to put the cereal on the table. I said, “No”. She was cross. Then my little brother, Charlie, knocked his juice over. I was not going to pick it up. He is always doing that. He began to cry. Dad was annoyed and told me to pick it up. “No”, I replied again, “why should I? He’ll only knock it over again.



Mum, have you got my stuff ready for swimming today and I want a chocolate biscuit for my packed lunch not a mouldy old cereal bar?”

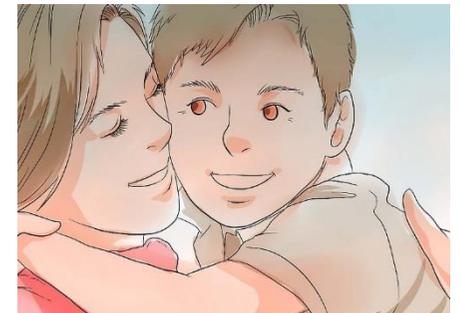
Mum stopped what she was doing. She didn't look very happy and asked me what the matter was and why was I so cross. She made me sit down and think about what I had said.

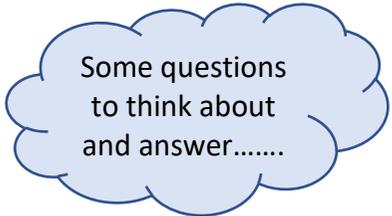
Dad explained that everyone has bad days, but life is full of giving and receiving. He asked me to think about what I receive at home – care, love, a packed lunch ready for school, my swimming kit put in my bag. Sometimes it is my turn to give, by helping and being kind. I shrugged my shoulders and said nothing, I still felt cross. “Come on Ethan,” called Dad, “you don't want to be late for school when it is swimming today.” Dad and I walked to school. When I got there, I didn't say goodbye to him but rushed into the playground.



During prayers in the morning, I thought about what had happened earlier. I felt miserable. I knew I had been selfish. When we got on the coach to go swimming, I saved a seat by the window for my friend, Connor, because I knew he liked that seat. ‘Thanks,’ he said with surprise. When we got into pairs, I let Connor choose which float we were going to use. On the way back to school, Connor said how much he had enjoyed the lesson today and that I was a good friend. I felt really good.

When I got home, I gave Mum and Dad a hug and told them I was sorry, and said, ‘I think it is more fun when you give.’ We all had a happy evening.





- Q What do you think of Ethan’s behaviour at breakfast?
- Q What do you think made Ethan realise that the way he had behaved at breakfast was silly?
- Q How did Ethan feel?
- Q How did Ethan show he wanted to give and not just receive?
- Q What do you think about giving and receiving?
- Q What has been your experience of giving and receiving?

Activities to choose:

- During the COVID 19 pandemic, there has been a lot of giving and receiving in the local community and your school community. What have people given? What have people received? How do you think that they feel about that? What do you think would happen if there was no ‘give and take’? Write a report on Giving and Taking in the Pandemic.
- Make a storyboard for a story and then write a story which illustrates how important giving and receiving is at home, in class, in school or in other groups.
- Listen to Jack Johnson’s *The Sharing Song* about giving, receiving and sharing with others. It is always more fun to share with everyone. Analyse the lyrics and make up your own song or poem which shows the joys and demands of giving and receiving. <https://www.youtube.com/watch?v=lvYORKZZPuc>
- Interview your parent about giving and receiving in the family, why they give and what they receive. Think about what surprises you. Write a letter to your parent and thank them for all you have received from them. Write about what you can give back to them.

The Sharing Song by Jack Johnson

It's always more fun
 To share with everyone
 It's always more fun
 To share with everyone
 If you have two, give one to your friend
 If you have three, give one to your friend and me
 It's always more fun
 To share with everyone
 It's always more fun
 To share with everyone
 If you have one, here is something you can learn
 You can still share, just by taking turns
 If you got a ball, bounce it to the gang
 If there is a new kid, invite him out to hang
 If you got one sandwich
 Cut that thing in half
 You if you know a secret joke, tell it and share a laugh
 If you got one drumstick
 Give one to your friend
 Make one beautiful rhythm
 Share a beat that never ends



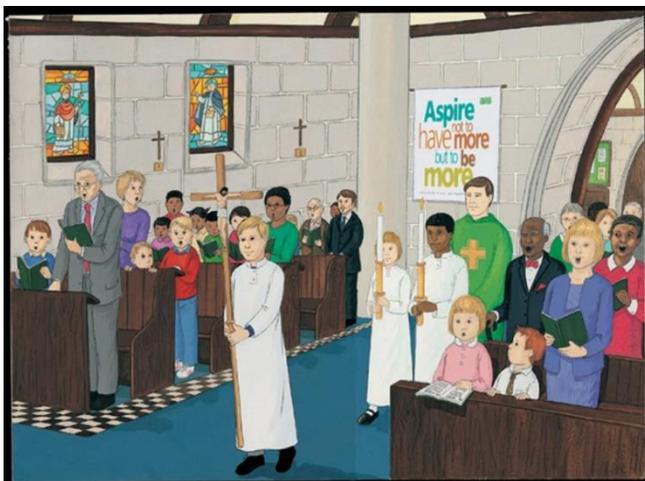
REVEAL – The Eucharist challenges and enables living and growing in communion.

At the end of REVEAL:

Children may be able to **describe** what happens during certain parts of the Mass.

Children may be able to **describe** and **give reasons** for religious actions and symbols used in the celebration of the Eucharist and **give reasons** why Christians attend the celebration of the Eucharist.

Children may be able to **make links** between scripture and an understanding of the Eucharist.



The start of the Eucharist (Mass) has an introduction to prepare people for what is about to happen. Normally, the Sunday Eucharist will begin with a hymn, which may include something about the theme of that Mass or about people gathering. As this is sung, the priest and the servers walk in procession through the church towards the altar.

The priest kisses the altar first because it is a symbol of Christ. It is with Christ and through the power of the Holy Spirit that the Church offers the Eucharist to God, the Father. The priest represents Christ and everyone at the Eucharist has their own part to take in the celebration. When the hymn is finished, the priest faces the people and makes the Sign of the Cross. The Eucharist has begun, the people gather in the name of the Trinity - Father, Son and Holy Spirit in a similar way to the way we gather for Collective Worship.

- Q Why do you think it is necessary to have an introduction at the beginning of the Eucharist?
- Q What is carried in procession at the start of the Eucharist and why do you think these symbols are used?
- Q Why does the priest kiss the altar?
- Q Who does the priest represent?
- Q What does the Sign of the Cross signify at the start of the Eucharist?

Some questions
to think about
and answer.....

Activities to choose:

- After reading the words of John Burland's, '*Gather together*', write an additional verse to the hymn. Explain your choice of words and say why they are appropriate.
- Write an account of what happens at the gathering of the Eucharist.

Chorus:

**Gather together
Gather together
Gather together and celebrate
Gather together
Gather together
Gather together and celebrate**

**Share with each other
Share with each other
Share with each other and celebrate
Share with each other
Share with each other
Share with each other and celebrate**

**Verse 2
Sing with each other**



**Verse 3
Pray with each other**

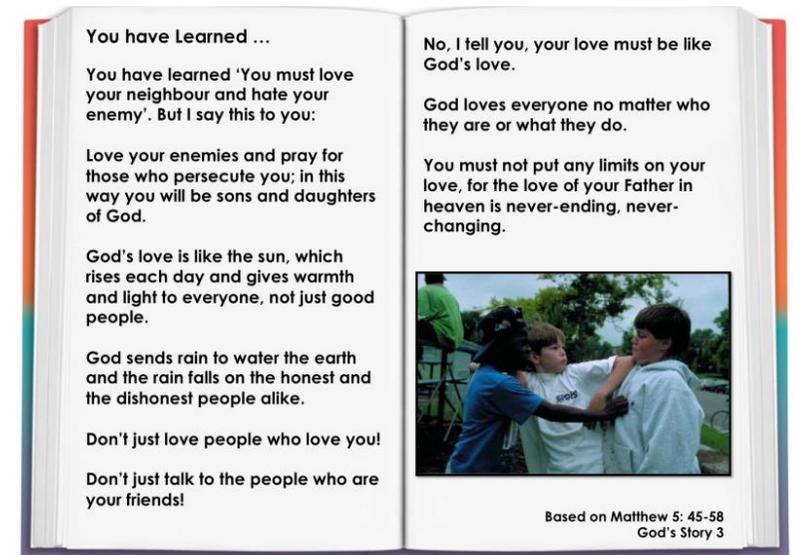
© 1999 John Burland

When people gather at Mass on Sunday, they bring with them their joys and sorrows, their giving and receiving, the good they have done and those things they are sorry for. Life is full of giving and receiving (taking) and sometimes gets out of balance. The Mass helps people to reflect on their daily lives and challenges them to try again. It gives Christians the strength and courage for this and the knowledge that they are supported in love and prayer.

Jesus understood very well how people often find it hard to love as much as they might do.

In Matthew's Gospel Jesus explains how God loves and gives advice to us on how to love better. Read Matthew 5: 45-58:

Q What do you think is the most important piece of advice in this text?



Activities to choose:

- The reading tells you something of what God's love is like. Chose 2 or 3 lines from this and describe how you would apply them in your daily life. How could this shape your life?
- Design a 'Charter to Live By' based on the Scripture passage above, making links between the Scripture and how Christians might lead their lives.

Part of the Introductory Rite at the beginning of Mass is the Penitential Act. It reminds people of the mystery of Christ's love. This helps to prepare people to hear God's Word in the part of the Mass which is the Liturgy of the Word. It also helps them to feel part of the community, as everyone together is needing mercy and forgiveness.

The priest begins the Penitential Act by saying:

"Brethren (brothers and sisters), let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries."

There are then three different Penitential Acts that could be used:

- 1 I confess ...
- 2 Have mercy on us, O Lord ...
- 3 You were sent to heal the contrite of heart ...

In the *I confess* prayer everyone acknowledges they have done wrong in their thoughts, in their words, in the things they have done and the things they have neglected to do. Then they agree it was their own fault. Nobody made them do it. Finally, they ask all the angels and saints as well as everyone present to pray for them.

At the end of the Penitential Act, the priest reassures the people by saying:

"May Almighty God have mercy on us, forgive us our sins and bring us to everlasting life."

Everyone responds, "Amen!"

I confess to almighty God
and to you,
my brothers and sisters,
that I have greatly sinned,
in my thoughts and in my words,
in what I have done,
and in what I have failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

- Q Why do you think the Penitential Act is at the beginning of Mass?
- Q How is Christ's love shown in the Penitential Act?
- Q There are four types of wrong doing prayed about in the *I confess*. Which one do you think is most commonly the cause of doing wrong?
 - 1 wrong thoughts
 - 2 wrong words
 - 3 what we do
 - 4 what we fail to do

Activities to choose:

- Write your own Penitential Act using words and actions. It could be a rewrite of the 'I confess'. Give reasons for your choice of actions.
- Give some examples of how we say sorry in our daily lives. How can we change what we do in order to follow God's way?

Having said we are sorry in the Penitential Act, we listen to the Word of God in the readings then, the Christian family can now come to the Lord's Table, as a parish family, united in love of Jesus and one another.

The Eucharistic prayer gives thanks for God's goodness. The priest uses the words Jesus used at the Last Supper and consecrates the bread and wine, so they become the Body and Blood of Jesus Christ.

After the Eucharist prayer has been said, the Communion Rite begins. It includes the Lord's Prayer, the Sign of Peace, Lamb of God, Holy Communion and the Prayer after Communion.

At the beginning of the Communion Rite, everyone is invited to pray the Our Father, the prayer which Jesus gave his friends. This is a simple but challenging prayer. We humbly ask God for what we need. Our 'daily bread' can be food, the need for courage, patience, peace, healing, etc.

We ask for forgiveness from God and recognise that we will forgive others, too. At the end of the prayer, we acknowledge that temptation can be difficult, and we need God's help. Then the priest prays the prayer for peace and unity after which he invites everyone to share a Sign of Peace with each other before the Christian family share Holy Communion. The people greet one another as friends of Jesus. They share the gift of peace which Jesus gave his followers. They use the words with which Jesus greeted his friends after the Resurrection. They say to one another, "Peace be with you."



Q During the Sign of Peace what has been given and received? (the gift of peace and unity which Jesus gave his followers)



Activities to choose:

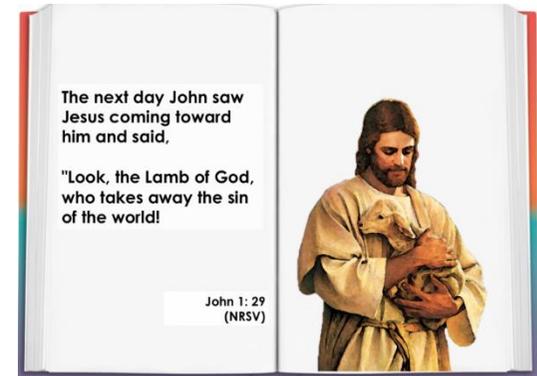
- Write a prayer or poem about how peace and unity in the world might shape the lives of Christians.
- Use the phrases of the Our Father, think of ways in which each can be lived out by Christians today. Express these creatively.
- Looking at the picture opposite, what do you think is happening and how should they decide how to act in light of the words you have read. Why? What needs giving and receiving?

The focus of the next part of the Communion Rite is the prayer, *Behold the Lamb of God*, the giving and receiving of Holy Communion and the Prayer after Communion.

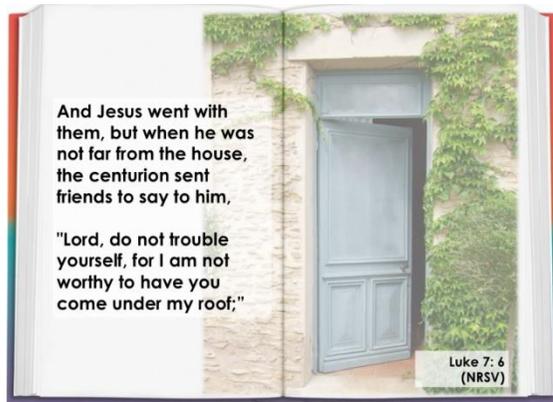
The priest invites people to come to Communion. He lifts up the Sacred Host and the chalice and says,
*"Behold the Lamb of God, behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb."*

The people respond,
*"Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed."*

Some of the phrases in these prayers are taken from the Bible. The phrase *'Behold the Lamb of God'* echoes the words of John the Baptist in John 1:29 where John points out Jesus to his followers.



'The supper of the Lamb' refers to words in Chapter 19 of the Book of Revelation, where the writer is describing Heaven and the lamb is Jesus.



'I am not worthy that you should enter under my roof,' is found in Matthew 8:8 and Luke 7:6, where a Roman centurion has asked Jesus to heal his servant. The centurion believes he is not worthy to have Jesus come into his home, that is 'under his roof.'

Then the priest receives the Body and Blood of Christ and gives Communion to the Extraordinary Ministers of Holy Communion, who help the priest distribute Holy Communion. The people process to the altar to receive Holy Communion or a blessing. The priest or the Extraordinary Ministers raise the host to each person saying, "The Body of Christ," and each person replies, "Amen," (which means 'I agree') and receives the host. Then sometimes the people receive the chalice and the priest or Extraordinary Minister says, "The Blood of Christ," and each person replies, "Amen," and drinks from the chalice.

In the Prayer after Communion – the priest invites the people to pray that, having received Jesus in Holy Communion, they will have the strength to live in communion that is to 'give and take' every day.

- Q Who said in John's Gospel *'Behold the Lamb of God'*? When?
- Q Of what might people want to be healed?
- Q What does the priest say when he raises the Host and the Chalice?
- Q How do you think people can live in *communion* with one another?



The last part of the Mass is the Concluding Rite. At the end of Mass, the priest prays a final blessing, and the Christian family are sent out to live in love, friendship and communion with God and with one another. The priest or a deacon may say one of the following versions:

- *Go forth, the Mass has ended*
- *Go and announce the Gospel of the Lord*
- *Go in peace, glorifying the Lord by your life*
- *Go in peace*

Everyone responds, “*Thanks be to God.*” It is a reminder that everyone is called to live in communion with God and each other, every day and in every place.

- Q What happens during the Concluding Rite?
- Q Which version of the Sending Forth do you like best? Why?
- Q What do you think it means to ‘glorify the Lord by your life’?

Some questions to think about and answer.....

Activity:

- The Christian family are sent out from Mass using one of the versions of the Concluding Rite above. Using, ‘*Go and announce the Gospel of the Lord.*’ Create a blog/twitter feed to share with the family about your ideas on how this can be lived out.

Prior to exploring Romans 12:8-11 complete the following sentences, in a way which you think would glorify God –

When you give, give...

If you are helping someone...

Pray...

If you have a job to do...

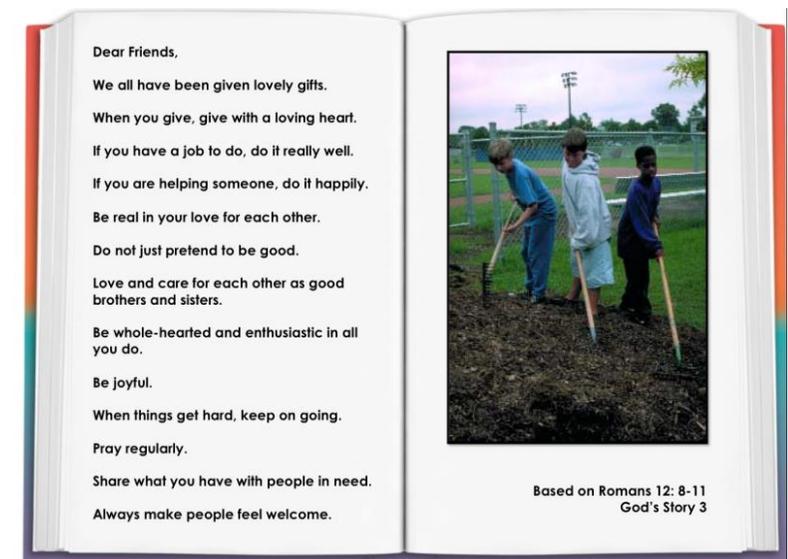
When things get hard...

Always make people feel...

Having completed these, read Romans 12:8-11 (opposite). Talk about Paul’s advice to Christians and how they should give and receive in daily life.

Would you have written anything different?

- Q What does it mean to ‘give with a loving heart’?
- Q Which part of Paul’s letter to the Roman Christians do you like best? Why?
- Q Which part of Paul’s advice would you find difficult to take? Why?
- Q What would our home or school be like if everyone followed Paul’s words?



Read the words of John Burland's hymn 'Least of my Brothers.' Talk about the words and how they show how we are challenged to give to others. What do you think that the title of the hymn means?

LEAST OF MY BROTHERS

Based on Matthew 25: 31-46

Verse 1

How do we love you Jesus, when we can't see you?
How will others know we want to follow you?

Chorus

**When you care for others you really care for me.
Your brothers and sisters are my family.**

Verse 2

The people asked Jesus that same question one day.
He gave them this answer that showed them a new way.

Verse 3

Give them food to eat, please give them clothes to wear.
Visit when they're lonely and comfort them with care.

Verse 4

What you do for others you really do for me,
By loving your neighbor you show your love for me.

© 2013, John Burland



Activities to choose:

- Write a set of rules based on Romans 12: 8-11, 'Be real about loving' and say why people should keep them.
- Create a series of symbols which express an understanding of the various words of advice given by Saint Paul, e.g. 'pray regularly' might be symbolised by praying hands, 'give with a loving heart' might be symbolised by a heart with a cross and/or open hands.

At the end of all the work that you have been doing on **GIVING and RECEIVING**, think about all the things that you have learned about. Can you answer the following questions?

- What is the importance of giving and receiving?
- What are the joys and demands of giving and receiving?
- Why is it important to live in communion?
- How does the Eucharist challenge and enable living and growing in communion?
- What can I do at home and at school to live in communion with others?

On a template of a gift box write a way you could 'give' to others which will help you live in communion with them e.g. 'I will tidy up my bedroom'.

Say a prayer together to ask God to help you to follow St Paul's advice of giving with a loving heart.

