

Sacrament of Eucharist Resources

(Other than USCCB approved textbook series)

Books

- Baker, Stephanie and Anna Humaydan. How to Make a First Communion Banner. New London: Twenty-third Publications.

Parish catechists spend weeks teaching children about the “theology” of Eucharist and the prayers and songs they need to know for the liturgy. Parents are asked to work with their child at home to prepare through family discussions, prayers—and making a First Communion banner! This is a simple, practical, step-by-step guide to help parents make banner-making with their child fun and easy, a time for making memories.

- Dall, Mary Doerfler. Children Discover the Mass. Notre Dame, IN: Ave Maria Press, 2000.

Children Discover the Mass is a book of lessons and cutout crafts that help primary grade children learn the parts of the Mass and the roles of the priest, other liturgical ministers, and the community. *Children Discover the Mass* helps children to learn Mass responses as well as all of the other rituals and actions that take place at Mass. Each "lesson" includes background information for the adult, text for how to explain the lesson to children, questions for reviewing the lesson, and clear and concise directions as to how to complete the accompanying craft. *Children Discover the Mass* includes a 32-page missal, "My Mass Book," for the children to color and fold and take with them to Mass.

- Florian, Amy. The Mass: An Invitation to Enjoy It. Skokie, IL: ACTA Publications, 2003.

All too often people today find the Mass a boring and lifeless experience, a part of the normal Sunday routine and little else. This unfortunate reality for many Catholics ignores the vitality and enjoyment inherent in a well-celebrated liturgy. Aware of this common problem, Amy Florian offers an affirmative and uplifting explanation of this most central part of Catholicism. In accessible and easy-to-understand language, she provides a breakdown of the Mass and its significance for today's Catholics.

Individual chapters discuss the structure of the Mass, the liturgical seasons, Scripture readings, and much more. This book is ideal for those approaching Catholicism for the first time, non-Catholic spouses, high school and college students and even lifelong Catholics. It provides all readers with a solid base of knowledge with which to approach the Mass.

- Fragomeni, Richard. Come to the Feast: An Invitation to Eucharistic Transformation. New York, NY: Continuum, 1998.

Come to the Feast is noted liturgist Richard Fragomeni's attempt to revive the Mass through a spirited interpretation of the Eucharistic story. He offers a central notion by which we can experience the fullness of the Eucharist - as a gift, an extraordinary, overwhelming gift that is God's Self. Surrender to the gift leads to transformation by the gift. The last act of the Eucharist, the dismissal, "Go in Peace," is a call to stay awake to the gift that is in us, awake in the mystical awareness that we are one body in Christ.

- Gaupin, Linda L., CDP, PH.D. Embracing the Vision: Sacramental Catechesis for First Reconciliation and First Communion. New London, CT: Twenty-Third Publications, 2008.

In this remarkable preparation program, Sr. Linda walks readers through the process of experiencing the sacraments as times of growth and conversion--involving everyone in the parish community. She offers here everything a parish leader needs to make this happen: guidelines for the facilitator, liturgical prayers, catechist guides, student materials, and family handouts--all in one package. The accompanying CD contains both PDF and Word documents for easy personalization and reproduction of all components of the program. (Available with or without CD)

- Hakowski, Maryann. Come Lord Jesus. Notre Dame, IN: Ave Maria Press, 1993.

The 16 fully planned primary retreats offer half-day, full day and overnight experiences that celebrate the self-worth and giftedness of each young person while encouraging them to engage in a personal relationship with Jesus through a variety of prayer experiences. These retreats create an atmosphere where it is okay for children to talk about and experience God in their lives. All the retreats include ideas for follow-up activities that enable young people to process and share their experience long after they have finished the actual retreat.

- Knickerbocker, Lynne, Maggie Pike, Mary Ann Figlino and Eleanor Sheehan. Parent-Child Retreats: Spiritual Experiences for Children Ages 7-10 and Their Parents. Denver, CO: Living the Good News, Inc., 1998.

Everything you need to conduct meaningful retreats for children including ready-to-use scripts, material lists, prayer suggestions and much more. Materials can be used with children alone, with children and their parents or with children, parents and younger siblings as a family retreat. A wonderful way to get parents more actively involved in their children's religious training.

- Larkin, Jean. First Eucharist Activities for Primary Grades. Dayton, OH: Pflaum Publishing Group, 2005.

- First Eucharist Activities for Intermediate Grades. Dayton, OH: Pflaum Publishing Group, 2005.

Both of Jean Larkin's books contain age-appropriate reproducible activities that are the perfect supplement for primary or intermediate-grade children preparing to receive Eucharist for the first time. Games, puzzles and other activities help reinforce their lessons in a way that entertains teaches, and holds their attention. Each book, with 20-23 reproducibles, follows the progression of most sacramental preparation programs -- yet each activity stands on its own so you can decide when to use it. The new books for intermediate grades are also ideal for RCIA programs, or for review with children who have already received First Reconciliation and First Eucharist.

- Kwatera, Michael. What Every Catholic Needs to Know about the Eucharist: A Guide for the Liturgical Assembly. San Jose, CA: Resource Publications, Inc., 2008.

This book gives our "marching orders" for participation with understanding, for appreciating the "real presence" in its various forms. One of which is the assembly, and for understanding the Eucharist as relational.

- Luebering, Carol. Your Child's First Communion. (Handing on the Faith Series) Cincinnati, Ohio: St. Anthony Messenger Press, 2000.

Luebering draws upon experiences of family life to help parents prepare themselves to welcome a child to the Lord's Table. Eucharist is deeply bound to a dream for all human children. Each chapter offers suggestions for reflection or discussion and passages from the liturgy of the sacrament, Scripture and the Catechism of the Catholic Church for prayerful meditation.

- Mathson, Patricia. 70 Sacrament Starters for Children...And Those Who Teach Them. New London, CT: Twenty-third Publications, 2008.

Patricia Mathson believes that children learn best by doing. We can teach them about their faith, and in this case about the sacraments, she says, but a hands-on approach works even better because it involves the whole child. These simple, activities from an experienced DRE offer ten creative ways to celebrate and learn about each of the seven sacraments. They can be used by any catechist, beginners as well as veterans, but also by parents because they offer a great way to teach about the sacraments at home. The activities include visits to the church, prayers, crafts, Scripture readings, stories about the saints, sacrament discussions, and outreach suggestions. What a great gift book for catechists and parents!

- Murphy, Doris. Learning Centers for First Reconciliation, First Eucharist and the Whole Community. New London, CT: Twenty-third Publications, 2007.

These thirty-seven creative and formative learning centers prepare children and their families for First Reconciliation and First Eucharist. At each learning center they share church teaching, Scripture, prayers, conversation, and a fun activity that reinforces the teaching. The author also offers eight "gatherings" for the whole community that help children experience the learning centers with the support of the wider parish community.

- Regan, Jane and Mimi McReavy Bitzan. Gathering Together: First Celebrations of Reconciliation and Eucharist. Chicago, IL: Loyola Press, 2004.

This resource-rich, easy-to-implement faith formation program is for use with parents whose children are preparing to celebrate First Reconciliation and Eucharist. It can be used as a supplement with any religion or sacramental preparation curriculum. The program includes four gatherings designed for adults only, plus two retreats for parents and their children.

- White, Joseph D., PHD. Eucharist and the Mass (Teach It). Huntington, IN: Our Sunday Visitor, 2004.

Teach It includes:

- Know-It pages presenting an adult-level overview of the topic and how developmental factors affect a child's understanding of it
- Teach It pages with specific, proven techniques
- Share-It pages (reproducible, and in English and Spanish) providing the Church's teaching on the Eucharist and the Mass, plus suggestions for home activities
- Resource pages featuring reproducible activity sheets.

Videos / DVD

For young people:

- A Child's First Communion (DVD/VHS: 20 minutes; Liguori Publications)
This video by Fr. Joe Kempf gives children preparing for First Communion a deeper understanding and appreciation of Jesus in the Eucharist. Students can watch and learn as Father Joe Kempf talks one-on-one with Adam, a second-grade candidate for first Communion, who is confused about what it means for Jesus to be "The Bread of Life." Their discussion, filled with simple analogies, explanations, and a visual portrayal of Jesus in Adam's imagination, responds to the many questions young Catholics ask as they prepare for first Communion.
- Angel's First Communion Lesson, The (DVD/VHS: 13 minutes; Twenty-third Publications, 2008.)
In this video presentation the angels speak of Jesus' presence at Mass and of the very special gift of the Eucharist in simple and clear language. Children are reminded of the forgiveness they celebrate in the sacrament of Reconciliation. It is a wonderful teaching tool for a First Communion program.
- Angel's Mass Lesson, The (DVD/VHS: 11 minutes; Twenty-third Publications, 2008)
A wonderful introduction to the meaning of the Mass, which emphasizes the presence of Jesus. Excellent for faith formation sessions, intergenerational gatherings, and home use.
- Angel's Sacrament Lesson, The (DVD/VHS: 11 minutes; Twenty-third Publications, 2004)
This video covers all seven sacraments and gives children background information as well as the theology of the sacraments. This is excellent for faith formation sessions, intergenerational gatherings, and home use. (Ages 7-10).
- Grandma's Bread/ El Pan de la Abuelita: A Eucharist Film (DVD: 29 minutes; Franciscan Communications, 2008.)
A classic story designed to teach important truths about Eucharist, intergenerational relationships, death, and the importance of tradition in our lives. Young Mario, saddened by his grandmother's unexpected death, is delighted when his mother bakes Nonna's special Pane de Pasqua (Easter Bread) as a way of bringing her memory to his First Communion celebration. This DVD includes both the English-language and the Spanish-language versions of this program. (Ages 7-10)
- The Mass for Children and Young People (DVD: 44 Minutes; St. Anthony Messenger Press, 2008)
The Mass for Older Children (Grades 4-8) Like the early followers of Jesus, we gather, tell stories, remember and break bread, and go forth to those in need. This program walks students through the Mass and challenges them to live it in their daily lives. (13 min.)

Mass for Young Children (Grades 1-3) By linking home church and parish church, these two programs invite children to thank God for the gift of Jesus and the gifts of all creation, spotlighting parts of the Mass to which a young child can most easily relate and recognize. Part 1 (9 min.) focuses on the actions of Gathering and Greeting, Forgiving and Praising, Listening and Caring. Part 2 (10 min.) focuses on the actions of Giving and Sharing, Remembering and Belonging, Receiving and Serving.

Why Do We Go to Mass on Sunday? (Grades 2-6) In this program, children discover that just as we need to gather regularly as a family at home to listen to one another and celebrate who we are, so must we come together as a parish family to listen to God's Word and break bread in memory of Jesus. Children begin to appreciate the Sunday Eucharist as the source and summit of our faith life and to discover ways to live a Eucharistic spirituality in their daily lives. (12 min.)

- Sacraments, The (DVD: 62 minutes; Twenty-Third Publications, 2008)

Through story and ritual Gaynell Cronin and Father Jack Rathschmidt explore the sacraments as signs of God's love and care for us in five programs. (Grades 5-8)

We Belong: Baptism and Confirmation (14 min.) Scenes of actual Baptism and Confirmation are woven into this story of welcoming and joining.

We Feed: Eucharist (12 min.) Interspersed throughout this story are lessons about how the Eucharist feeds the hunger in us all.

We Forgive: Reconciliation (12 min.) Explains how through reconciliation we recognize that we must change, ask forgiveness of those we hurt and celebrate God's mercy and forgiveness through the Church.

We Commit: Marriage and Holy Orders (12 min.) This story explores married life and the ordained priesthood as vocations of life-long commitment and service.

We Care: Anointing of the Sick (12 min.) Through this sacrament, we learn that we are not alone in our struggles.

For adults/parents:

- First Communion: Taking a Place at the Table (DVD/VHS: 30 Minutes; Franciscan Communications, 2002) (Catholic Update Video Series)

Offers parents a basic foundation as they help their children approach the Eucharistic table for the first time. The *story segment* tells the story of a young First Communicant who learns that receiving the Eucharist means taking on more of a "grown-up" responsibility—to care for others as Jesus did. In the *witness segment*, real-life parents reflect on how they prepared for their children's First Communion. The *teaching segment* explains how the Eucharist calls us to live our lives as a sign that we will "do in the memory" what Jesus did for us. The program concludes with a *music video reflection* with a Hispanic song, "Pan de Vida," the Bread of Life.

- Walks With Jesus (VHS: 21 minutes; RCL/Resources for Christian Living, 1998)

Mark Link, S.J. is a well known author who uses the power of video to convey the meaning of Eucharist, Reconciliation, and Anointing of the sick. There are the three videos—each one has 3 seven minute meditations based on true stories. Hear the words of Jesus, pray with Jesus, and follow the example of Jesus. Ideal for individual and group use, in hospitals and hospices, adult education, and parent meetings for sacramental programs.

Eucharist - Skeeter's Story, Granny Hale's Story, Eucharistic Minister's Story

Reconciliation - Babe Ruth's Story, Teenager's Story, Death-Row Prisoner's Story

Anointing of the Sick - Vietnam Vet's Story, Paramedic's Story, Pioneer's Story deal for individual and group use, in hospitals and hospices, adult education, and parent meetings for sacramental programs.