

## RELIGIOUS EDUCATION : SACRAMENT – EUCHARIST – UNITY – YEAR 6

### \*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 6, the children will be looking at how we live in communion with others through the topic of UNITY and how the Eucharist enables and challenges Christians to do so.**

**There are extra notes on the Sacrament of Eucharist for your reference.**

## RELIGIOUS EDUCATION – YEAR 6 – SACRAMENT – UNITY

### EXPLORE – What nourishes and what spoils friendship and unity

At the end of EXPLORE:

Children may be able to link to how making and breaking friendship and unity affects their behaviour and that of others and may be able to **show they understand** how their own and others' decisions about friendships are informed by beliefs and values.

Children may be able to **compare** their own and other people's ideas and experiences concerning friendship and unity.



- You might like to watch a clip of what it means to be a friend from Toy Story:

<https://www.youtube.com/watch?v=CNi02gxTl1M> or

[https://www.youtube.com/watch?v=zIYOJ\\_hSs0o](https://www.youtube.com/watch?v=zIYOJ_hSs0o) (this has the words)

- Or you might like to remember the story of the Rainbow Fish by watching this:

<https://www.youtube.com/watch?v=ifXlc0QI2kY>

- Did anything make you think about your friendships?



- Talk about how friendships may be between two or more people, but when a friendship excludes others all the time, it will be difficult for it flourish and grow. It may be that a group of people come together, for a common purpose e.g. to play a sports game, to get a task done, to prepare for a celebration, to be part of a band etc. Often when people come together it is to complete a task that would be difficult alone e.g. putting up a tent. When people come together with a common purpose, there is unity between them. They become as one. Talk about what unity may mean. Discuss what beliefs and values are demonstrated in the songs and stories and how they influence the pattern of friendship and unity.

- Q Why do you think friendships are important?
- Q What do you think is the most important value in friendship?
- Q How do you think your beliefs influence your friendships?
- Q What helps a friendship to flourish?
- Q What kinds of behaviour will break a friendship?
- Q Who is affected when a friendship is broken?
- Q What do you think is the best way to mend broken friendships?

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



### Activities to choose:

- Using what you believe and value, and what you saw in the video(s), create a Code of Conduct showing what makes a good friend. Give reasons for your choice of statements.
- Produce a set of guidelines to explain the benefits of having friends and what to do if you fall out of friends. How do your own values and beliefs affect how you manage your friendships when they are spoiled?
- Write about the kinds of activities you have been involved in which require more than one person. What have been the good aspects of that? Were there any difficulties? Why did that happen? How were the difficulties overcome?

**REVEAL** – The Eucharist challenges and enables the Christian family to live and grow in communion every day.

At the end of REVEAL:

Children may be able to **make links** and **show they understand** the links between scripture and the Eucharist.

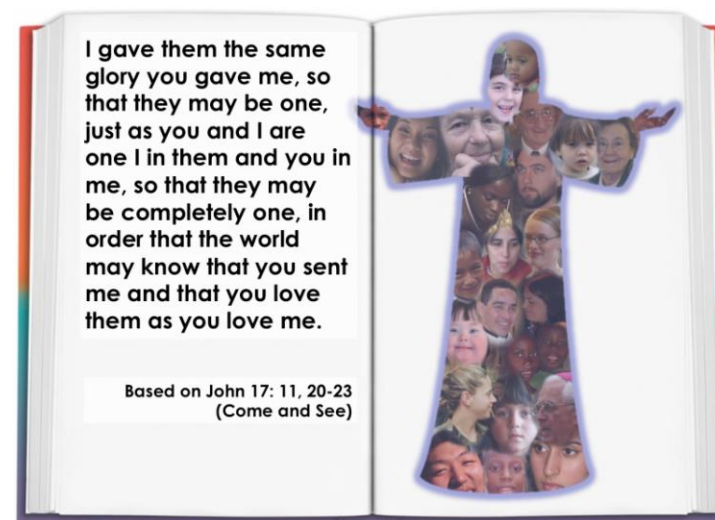
They may be able to use a developing religious vocabulary to **give reasons** for the actions and symbols of the Communion Rite and say why Christians gather together in 'communion' and receive 'Holy Communion'.

They may **show they understand** this and how it shapes the lives of Christians.

**Jesus asks us to pray for unity and to grow in communion with him and with each other.**

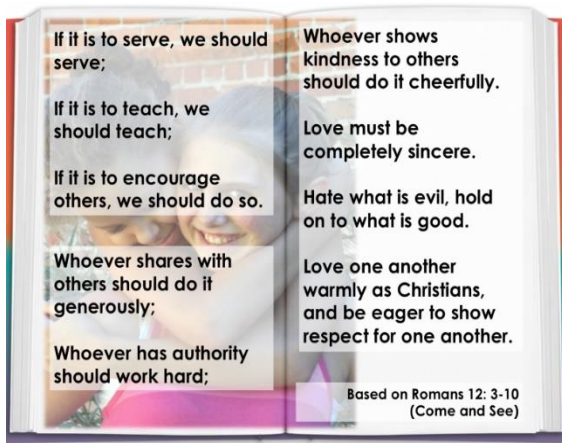
Jesus often spoke to his disciples about the importance of **unity** among them. He gave them the model of the unity between himself and God the Father.

In the text (opposite) from John's Gospel, part of his prayer for his disciples just before his arrest, he makes it clear how they would be more effective witnesses of his love if there was unity among them.



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

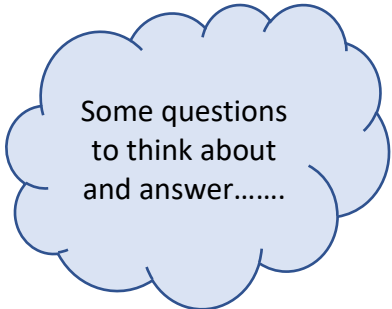
- Q Why do you think Jesus prayed this prayer at this time?
- Q How do you think the disciples felt when they heard this?
- Q How do you think it might have affected their beliefs and their behaviour to one another?
- Q What can you learn from this Gospel reading?
- Q What does the word 'communion mean? (relationship, empathy, unity, union, one with etc.)
- Q What do you think being 'in communion with Jesus' means?



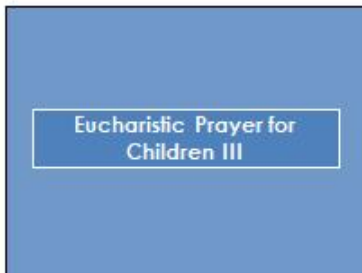
Paul was one of the friends of Jesus who went from city to city telling people about the Good News of Jesus. He often wrote to the people he had left to remind them of the message of Jesus, to say 'well done' or to give them advice.

In this letter to the Christians in Rome, Paul explains how although we are all different, we may all be one with Jesus Christ through the gifts we have been given.

- Q Which of the different gifts that Paul mentions do you think you have?
- Q Which one would you most like to have and why?
- Q What is Paul telling the Christians in Rome about communion (friendship)?
- Q How do you think the use of these gifts can bring union with Christ?



'Communion' means 'being at one with'. The celebration of the Eucharist is a sign of being at one with God: Father, Son and Holy Spirit, as well as being at one with one another. It is about God making the world holy and of people offering worship to God. In Year 5, the children learnt how the Eucharist is a memorial of Jesus' sacrifice. Jesus' sacrifice unites the whole Church, those in Heaven and those on earth and makes it one Church. That is why, in the Eucharistic Prayer, reference is made to Mary and all the saints.



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At the end of the Eucharistic Prayer, the priest takes the chalice (cup) and the paten (plate) with the host and lifting them up, he sings or says: *Through him, with him, in him, in the unity of the Holy Spirit all glory and honour is yours, Almighty Father, for ever and ever.* Everybody responds: *Amen.*

- Q Which are your favourite words or phrases and why?
- Q Was there a word or phrase which made you think more deeply? Why?
- Q How do you think being in communion with Jesus Christ and his Church might make a difference to your life?

### Activities to choose:

- Design a stained-glass window which expresses in either pictures or symbols, that 'though we are many, we are one body', or 'all joined to each other as different parts of one body' and are one with Jesus. Write a commentary on your design giving reasons for your choices.
- During this lockdown, describe all the ways in which you can work for the peace and unity of your family today. Share your own experiences and feelings about being united as one family. Use any method of your own choice to illustrate this e.g. a PowerPoint presentation. Make links to some scripture already studied if you can.
- Design a poster to illustrate the *unity* message contained in the Eucharistic Prayer for Children III, giving reasons for the actions and symbols used.

#### The Lord's Prayer

Our Father, who art in Heaven,  
hallowed be thy name:  
thy kingdom come,  
thy will be done  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass  
against us;  
and lead us not into temptation,  
but deliver us from evil  
Amen.

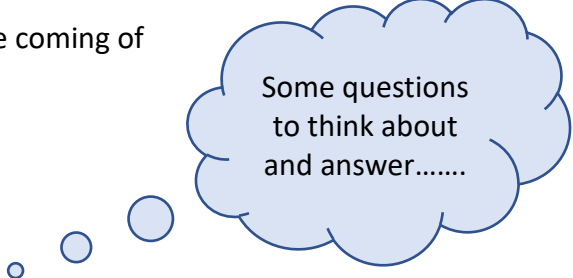
The Communion Rite focuses on peace, unity and forgiveness. The Christian family comes to the Lord's table united in love of Jesus and of one another. They pray the 'Our Father' between the Eucharistic prayer and the giving of Holy Communion. It sums up everyone's prayers and hopes. It is addressed to 'Our Father', not 'my Father', so it unites everybody into the love of the Father. It was the prayer that Jesus himself gave us. The disciples asked Jesus for help to pray and he gave them that prayer. It is the prayer which unites all Christians, whatever their denomination.

The first part of this prayer is addressed to God: honouring and longing for the coming of God.

The second part asks for our needs: food, forgiveness, avoidance of difficulty.

The last part applies to our daily lives: forgiving others.

- Q Why do you think the Christian family says this prayer before receiving Jesus in Holy Communion?
- Q What challenges you most in the prayer and why?



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

### Activities to choose:

- Write the Our Father out in sections and by each section, explain how you would apply the prayer to daily life, particularly emphasising unity.
- Write your own version of this prayer and decorate it with suitable symbols to represent the three parts.

After the Our Father, and before the Christian family receive Jesus in communion, everyone prays for peace and unity. The priest says: *Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will. Who live and reign for ever and ever.* The people answer, **AMEN!**

Then the priest says, "Peace be with you," and invites everyone to share the sign of peace. The people then greet one another as friends of Jesus. They say to one another, "Peace be with you", "The peace of Christ" or just "Peace" as they make a gesture of friendship e.g. shaking hands. They are sharing with one another the gift of peace and unity which Jesus gave to his followers. They are using the words with which Jesus greeted his friends after the Resurrection, 'Peace be with you'.



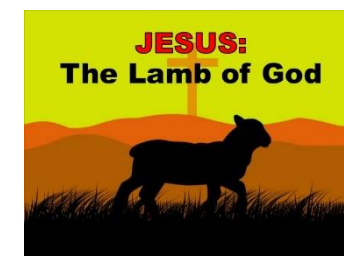
- Q How do you think this prayer might reassure Christians?
- Q Why do you think the prayer for peace and the Sign of Peace come before Communion?
- Q What are the challenges and opportunities offered by making the Sign of Peace?

After the Sign of Peace everyone says or sings the prayer:

*Lamb of God, you take away the sins of the world, have mercy on us.*

*Lamb of God, you take away the sins of the world, have mercy on us.*

*Lamb of God, you take away the sins of the world, grant us peace.*



The priest prepares to receive Jesus in Holy Communion with a prayer. He then takes the host and, holding it up, 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."*

(Jesus is often referred to as a Lamb. In Jesus' day a lamb was always sacrificed in the Temple at the Feast of the Passover.)

The people reply, praying,

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

(*'Lord, I am not worthy that you should enter under my roof'*, is a reference to the story of the Centurion's servant in Luke's Gospel (Luke 7:6. 'Entering under my roof' means 'entering my house'.)

The priest receives the Body and Blood of Christ and then the people process to the altar. The priest or the Extraordinary Minister of Holy Communion raises the host to show to each person saying, *"The Body of Christ."* The same is done with the chalice saying, *"The Blood of Christ."* (The chalice is not always given). Each person responds, *"Amen."* Amen means 'I agree'.

**This is a most solemn moment. Christ is really present in the form of bread and wine, in the same way he gave himself to the disciples at the Last Supper, saying, 'This is my body, this is my blood'. When Christians receive Christ in Holy Communion, not only do they become one with him, in communion, but also with those whom Christ loves - all people.**

Paul reminds Christians in his first letter to the Corinthians 10:17: *'And as there is one loaf, so we, although there are many of us, are one single body, for we all share in the one loaf.'*

Anyone who is not a Catholic or has not yet made their First Holy Communion, may come up for a blessing and receive Christ in their heart.

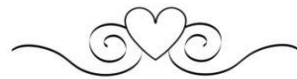
Some questions to think about and answer.....

- Q Why do you think there is so much preparation and prayers before the distribution of Holy Communion?
- Q Why do you think everyone says, "Lord, I am not worthy...?"
- Q What do you think would help people to be worthy?
- Q Why should people process to the altar reverently to receive Jesus in Holy Communion?



**Activities to choose:**

- Imagine your friend knows nothing about the Mass. Write a guide for them to show how Catholics understand the importance of coming together in communion to receive Holy Communion. Write about the unity that communion brings.
- Compose a prayer for peace and unity making links to what you have learned.



After all the work you have done on UNITY, Using the shape of a dove of peace, you might like to write three things to try to do to achieve unity with others.

Gather together as one family and say this prayer (or the one you have made up yourself) together:

*Dear Jesus, when we gather together in your name, we feel your loving presence which challenges us to live for one another.*

*Help us to follow your example and never take others for granted. Help us always to be united with one another and work for the good of all.*

*Thank you for the gift of yourself in Holy Communion which unites us to you and all God's people. AMEN!*

