

MYSTAGOGY

Partaking in Holy Communion

APPRENTICES IN FAITH: A Resource for the OCIA

Catechist Preparation**Read**

- Exodus 12–14
- 1 Corinthians 11:23-26
- John 13:1-15

Music Suggestions

- “Pan de Vida,” B. Hurd, all hymnals
- “Take and Eat,” J. Quinn, GIA Publications

Pray

Pray one of the Eucharistic Prayers from the Mass.

Prepare

Prepare the space with chairs, a Bible, bread, a bunch of grapes, and a large, white candle. If needed, have name tags. Have some refreshments available.

If the group is larger than five or six, guide people to share in smaller groups whenever possible.

Gather

1. Greet people as they arrive. Take time for introductions and check in with everyone to find out how they are doing.
2. Lead a discussion on significant family meals:
 - Thanksgiving
 - Christmas
 - Easter
 - Birthday
 - Anniversary
 - Fourth of July

3. Ask:

What makes these meals significant?

Are there particular foods associated with the meal?

Are there family traditions connected with the meal?

Are there family stories shared at the meal?

Summarize some key points about significant family meals.

Deepen

1. Ask:

What does it mean for you to receive the Eucharist now?

In what way(s) do you prepare to receive the Eucharist?

In what way(s) do you respond to the wonderful gift of the Eucharist?

In what way(s) do you understand the Eucharist as a family meal?

How do you describe the Eucharist to someone who is not Catholic?

2. Read and discuss the **Probe the Mystery** section of the participant page.

Meditate

1. Refer to the **Savor the Sweetness of Salvation** section of the participant page.
2. Explore with these points:
 - Our faith is both a personal and communal relationship with Christ and with the community. The Bible tells us that we cannot say that we love God and hate our neighbor.

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- Jesus called his followers one at a time, but he had many followers who became his band of disciples.
- Jesus sent the disciples out two by two, not alone.
- Eucharist is a communal event; the Mass is not to be celebrated without a group present.
- Communion (hosts that have been consecrated at Mass) is taken to those who are unable to come to Mass. A priest, a deacon, or a layperson who has been trained as an extraordinary minister or as a minister to the homebound leads a prayer and gives Communion to the individual.

Summarize the discussion.

Do

1. Refer to the *Inspire Others* section of the participant handout.
2. Discuss the various ways that parishioners reach out to share food with others.
3. Look for a way to join with others in the parish to provide a meal for someone (a family), such as a family that has experienced illness, the birth of a baby, or a recent death. You may also provide a dessert for a soup kitchen.

Pray

Use the prayer found on the participant handout.

