

# Faith at Home

## SIXTH GRADE – MASS & THE HOLY EUCHARIST

*The Mass is the most important prayer and the center of our spiritual lives. Please help your child to understand the following concepts, as well as the answers to the listed questions.*

### **The Four Parts of the Mass**

1. **The Introductory Rites** – We gather, ask the Lord’s mercy for what we’ve done wrong, and enter into prayer.
2. **The Liturgy of the Word** – We hear the word of God in Sacred Scripture.
3. **The Liturgy of the Eucharist** – The bread and wine are transformed into the body & blood of Christ, which we then receive in Holy Communion.
4. **The Concluding Rites** – We are sent into the world to live out our faith as followers of Jesus.

*What is the Sacrament of the Eucharist?*

The Eucharist is a re-presentation of the sacrifice of Jesus on the cross in which we receive His body and blood under the appearances of bread and wine.

*Is the Sacrifice of Jesus on the cross the same as the Sacrifice of the Mass?*

Yes. Jesus offered His life for our salvation once and for all, and this sacrifice is made present again at every Mass.

*What does the word Eucharist mean?*

The word **Eucharist** means thanksgiving. At Mass we offer God our praise and thanksgiving for all He has done for us.

*Why do we use the word Communion to refer to our reception of the Holy Eucharist?*

We use the word communion to show that it unites us with Christ. In this sacrament, Christ gives Himself to us, and we are called to give ourselves to Him and recommit to living as His disciples.

*What do we call it when the bread and wine are transformed into Christ’s body and blood?*

We call this **transubstantiation**. This means that the substance of the thing changes, while the appearance remains the same.

*What should we do during Mass?*

We should listen and join ourselves to the prayers of the priest; reflect on the readings of the Word of God; and offer ourselves along with Jesus to the Father in the sacrament of the Eucharist.