



## OUR SUNDAY FAMILY MEAL

### INTRODUCTION BEFORE THE MEAL

LEADER: When a family gathers around the table to talk and share a meal, the bond that unites them is strengthened. With this meal today we renew again the love that binds our family together. Let us listen to the Word of God as we remember His great love and give thanks.

### A READING FROM THE BOOK OF DEUTERONOMY

Hear, O Israel! The Lord is our God, the Lord alone! Therefore, you shall love the Lord, your God, with your whole heart, and with your whole being, and with your whole strength. Take to heart these words which I command you today. Keep repeating them to your children. Recite them when you are at home and when you are away, when you lie down and when you get up. Bind them on your arm as a sign and let them be as a pendant on your forehead. Write them on the doorposts of your houses and on your gates.

*The word of the Lord*

ALL: Thanks be to God

*This next section is designed to be a dialogue between the one who asks the questions and the one who answers. As a response to the call in Deuteronomy to*

*“repeat them to your children,” consider having the youngest family member ask the questions and the oldest family member (parent/grandparent) read the answers, or alternate among different children asking the questions.*

#### Question: Why is it called Eucharist?

Answer: The word Eucharist comes from the Greek word for thanksgiving. When we celebrate the Eucharist, we are giving thanks to God.

#### Question: Why is the Mass the most important thing we do?

Answer: It is both the source and the summit of our faith. Jesus took on a human nature to save us from sin. The Mass is a remembrance of what He did for us.

#### Question: How do we share in Christ's Body and Blood?

Answer: The Eucharist is the Body and Blood of Jesus. We may only see bread and wine, but we know that it is Jesus. We know this because Jesus said it and we believe Him. In Jesus, God became human for us, and in the Eucharist, Jesus becomes food for us. God who gave the Israelites manna in the desert gives His church the Holy Eucharist. Jesus who offered himself on the cross for us now gives himself to us in the sacrifice of the Mass.

#### Question: How does the Eucharist affect me?

Answer: We are healed and nourished by the Eucharist. By this sacrament we unite ourselves to Christ, who makes us sharers in His Body and Blood to form a single body — the Body of Christ.

LEADER: As we begin this meal let us ask God's blessing upon our family that we may grow strong in faith, remain rooted in hope, and act always with love for God and for each other.

*Let us pray*

ALL: Bless us O Lord and these thy gifts which we are about to receive from thy bounty through Christ our Lord, Amen.

*As you enjoy your meal, talk about your day as you normally would. Discuss what you are thankful for as individuals and as a family. The Eucharist is also an act of remembrance during which we "call to mind" the sacrifice of Jesus on the cross. Consider inviting everyone to share a special memory they have of your family, or a memory from their First Holy Communion or other sacramental celebration. This can also be an appropriate time to share memories of deceased family members.*

## PRAYER AT THE END OF THE MEAL

LEADER: As we conclude our meal today, let us leave this table renewed and strengthened to follow Jesus and committed to keeping Him and the Eucharist central to our family life. United as a family, let us praise God who has given us life.

### PSALM 104: 2-3, 14-15, 27-28, 33

LEADER: I will sing to the LORD all my life; I will sing praise to my God while I live.

ALL: I will sing to the LORD all my life; I will sing praise to my God while I live.

LEADER: LORD, my God, you are great indeed! You are clothed with majesty and splendor, robed in light as with a cloak. You spread out the heavens like a tent; setting the beams of your chambers upon the waters.

ALL: I will sing to the LORD all my life; I will sing praise to my God while I live.

LEADER: You make the grass grow for the cattle and plants for people's work to bring forth food

from the earth, wine to gladden their hearts, oil to make their faces shine, and bread to sustain the human heart.

ALL: I will sing to the LORD all my life; I will sing praise to my God while I live.

LEADER: All of these look to you to give them food in due time. When you give it to them, they gather; when you open your hand, they are well filled.

ALL: I will sing to the LORD all my life; I will sing praise to my God while I live.

LEADER: Let us conclude by praying the words that Jesus taught us:

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.

*For families with young children, scan the QR code to print fun activities for children to do as you prepare dinner or to do to during the day.*



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