

March Generations of Faith At Home Session

The Sacraments at Home

Family Name: _____

The sacraments are experiences, and our goal for this at home session is to experience something that will make the sacraments make more sense, and connect some dots for our kids.

Please complete one of the two sessions on the following pages, (or for the kindergarten/1st graders, complete the matching game handed out in the classroom,) and answer the questions below, and turn in this sheet, and the sheet for the option you completed.

Which of the two options did you lead your family in? _____
Evaluation of the experience:

How well did this engage you child, or children in a conversation on sacraments?

1 2 3 4 5 6 7 8 9 10
poorly----- not very well-----pretty well-----very well-----excellently

How well did this experience connect the everyday family life to the sacraments and the experience of church?

1 2 3 4 5 6 7 8 9 10
poorly----- not very well-----pretty well-----very well-----excellently

What connections were made between the family existence and Sacraments?

What worked for your family?

What fell flat?

Family Name: _____

Option 1: Sacraments around the Dinner Table

This experience will require two different meals to complete. The first to observe what is happening, and the second to talk about the meal.

For the first meal your child/or children should invite a friend over for dinner, and enjoy dinner together as a family. Please pray together as you normally do for meals, but add on a prayer for those that are in need (i.e. the suffering, the sick...)

At your next meal as a family spend time discussing how parts of your meal together with the friend represented each of the sacraments. Please feel free to alter any of the questions to make them age appropriate, or add to any of the components below.

In **Baptism and Confirmation** we welcome new members into the church. They become one of us just like how we invited the friend to be one of our family for dinner. The friend is different from the family, but we still welcomed them for a meal.

Question for the family to answer: How does it make you feel when you are welcomed into a group? _____

We are called based on our baptism to welcome people into our lives and church just the same way we welcomed their friend to dinner. Baptism and Confirmation are sacraments of initiation, or welcoming.

In the **Eucharist** we are fed. We are strengthened by the food we eat at every meal, just like we are strengthened every-time we go to church, and/or receive communion. Our spirits are fed much like the way our bodies were fed at dinner.

Question for the family to answer: How does it feel to be hungry, and how does it feel to be full?

Just like when we have dinner, when we attend Mass we are filled with the energy to go and live as Jesus teaches us to. First Communion is a sacrament of initiation like Baptism and Confirmation, but we celebrate the Eucharist often.

Reconciliation is an important part of how we live. We often have disagreements with friends and family. The friend that joined you for dinner at some point did something that offended or you disagreed with, but you forgave them because they are your friend. God forgives us because

he loves us, he doesn't forgive us so we will be close to him; he forgives us because he loves us more than we can understand.

Question for the family: How does it feel to be forgiven for something that you've done wrong?

God forgives and loves us more than we are able to understand.

Anointing is a special prayer said over someone. It is meant to comfort someone, and communicate the healing nature of God. We understand that people suffer illnesses, kind of like the way Jesus suffered. At your meal you prayed for those that were sick. Anointing is like the prayer you said at dinner. It is like a spiritual hug, asking God to help.

Question for the family: Sometimes when things are really bad, we hug people with hopes that it will make them feel better, what is it like to get a hug?

The sacrament of anointing is a spiritual hug for those in need of one.

Matrimony and Holy Orders are sacraments of service. Many people had a part in preparing and serving the dinner you had with the friend. It is only possible to have dinner when someone is willing to prepare it. Those who cook and serve are called to do things for others, and commit their lives for others all the time. Parents are called to be selfless in caring for their children, and not just at dinner time.

Question for the family: Who is the person that cooked, served, and cleaned up after the dinner where a friend attended, and how was it selfless?

Sacraments of service call each person to act with others best interest in mind and intent.

Family Name: _____

Option 2: Memories of Sacraments

Find pictures, certificates or items from the various sacraments that your family has experienced and share memories of the special days.

1. What items did you find? _____

2. What sacraments were represented? _____

3. What elements of the sacraments were represented in what you found? (examples: water, oils, colors, baptismal garment, the couple...)

4. This is a question for mom or dad to share with the kids. Discuss what was special about the day of one of the sacraments. Describe briefly what was shared.

5. The kids of your family were baptized. Talk about the reason that the children in your family were baptized, and come up with your own definition of baptism.

a. Why parents had children baptized? _____

b. What baptism means for our family. _____
