

When is the last time you sat down to enjoy a meal with your family or close friends—not just to eat with each other, but to enjoy each other's presence and grow in love for one another?

For most of us, this doesn't happen at a typical meal.

But this is the kind of meal God wants to share with us.

This is the kind of meal he has prepared for us
and invites us to participate in through the Sacrament of the Eucharist.

As you come to learn how special communion and Eucharist are,
you will come to see how important your meals at home are –
holiness at church and holiness at home.



The Family Table

We do not just gather to eat for survival, but also for
conversation and storytelling, listening and sharing.
Shared meals help us to be healthy in our body, mind and spirit.

We look forward to sharing about our lives
and hearing about others' lives.

It is important to listen to others.

It is a gift when they listen to us.

We Belong to our family.

The Altar

We are with our faith community.

We gather to be with them and with Jesus.

We share in prayer our interests and concerns.

We listen to God's Word in the readings,
in the music and in the silence.

At Mass we choose to take time to gather at God's table.

We are fed and nourished in God's life and love.

We Belong to God's Family.



Can you find each of these items in the images above?

The Family Table

Tablecloth - Serves as decoration and protection for the dinner table.

Placemat - Works both as decoration and keeps the crumbs contained to one area.

Plates/Cups - Holds our food during the meal.

Candlesticks/Flowers - Used to show that this meal is an important and special time.

Scrapbooks - Stories and pictures from our family history to share.

Cookbook - Instructions and ingredients for making the parts of the meal.

Food/Drink - Nourishes our body for our tasks each day.

The Altar

Altar Cloth - Serves as a sign of reverence as well as a decoration and protection for the altar.

Corporal - The Blessed Sacrament must be placed on the corporal, to ensure that no fragments of the Eucharist are lost.

Paten/Chalice - Holds the consecrated wine and bread used during Mass.

Candlesticks/Flowers - Shows us something sacred and holy is happening here.

Lectionary - Stories of our faith read to us at Mass.

Roman Missal - Contains the prayers and instructions for the celebration of the Mass.

Hosts/Wine - Becomes the Body and Blood of Jesus that nourishes us in our journey of faith.