

EUCHARIST - Family Activity Sheet 4 – We Go

Name: _____

.... *what does the LORD require of you but to do justice and to love kindness and to walk humbly with your God?* *Micah 6:8* (NRSV – [Bible Gateway](#))

We are called to live out the Eucharist by loving and serving God and others as Jesus showed us. Jesus' mission was to spread the Good News to everyone. We gather at Mass, celebrate a Eucharistic meal together and take Jesus' message out to others. The love, hope and peace that we are filled with are meant to be shared with others.



When we do something that requires a lot of love, we make a 'sacrifice'.

Ask Mum or Dad to share with you some of the 'sacrifices' they have made for you, as parents. Ask them to write them in this space.

Ask your family to help you think of some ways you can be a little bit like Jesus in the week ahead by making a 'sacrifice', giving yourself in love to others at home or school.

Saint Francis of Assisi is the patron saint of Italy, animals and ecology. He was a poor man who astounded and inspired the Church by taking the Gospel literally by actually following all that Jesus said and did, joyfully, without limit, and without a sense of self-importance. He tried to make a difference.

St Francis Prayer

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O, Divine Master, grant that I may not so much seek

to be consoled as to console;

to be understood as to understand;

to be loved as to love;

For it is in giving that we receive;

it is in pardoning that we are pardoned;

it is in dying that we are born again to eternal life.



This link takes you to a beautiful version of the song of the above prayer. [SONG HERE](#)



On the night of the Last Supper Jesus washed the feet of his disciples.

Jesus Washes the Disciples Feet John 13:3-5, 12-17 (NRSV – [Bible Gateway](#))

And during supper Jesus, knowing that the Father had given all things into his hands and that he had come from God and was going to God, got up from supper, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. After he had washed their feet, had put on his robe, and had reclined again, he said to them, "Do you know what I have done to you? You call me Teacher and Lord, and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you. Very truly, I tell you, slaves are not greater than their master, nor are messengers greater than the one who sent them. If you know these things, you are blessed if you do them.



Artist: Yongsung Kim

To watch a clip explaining this story in a fun way [CLICK HERE](#)

Loving Service of Others is at the Heart of Celebrating Eucharist

In Jesus' time, people wore sandals and walked dusty roads in the hot weather. When visitors came to your house, it was polite to provide a basin of water and wash their feet. The servants usually did this. It would not be a task people would like much— washing smelly feet!

How do you think the apostles felt when Jesus knelt down and washed their feet?

What do you think Jesus meant when he said we need to wash one another's feet?



Image: catholicnewsagency.com

Pope Francis visited a prison near Rome to preside over a Holy Thursday Mass during which he washed and kissed the feet of 12 prisoners; men and women of various ages and nationalities.

The foot-washing ritual commemorates the gesture of Jesus at the Last Supper when he washed the feet of his apostles, the night before he died, as a sign of humility and service. In a homily in the prison chapel Francis said: *"Jesus teaches us this, simply, that you must wash each other's feet... We serve one another, without expecting a return: how beautiful it would be if it were possible to do this every day and to all people.... God forgives everything and God always forgives!"*

Watch vision of the Pope washing feet [HERE](#)



The Concluding Rites

After the Liturgy of the Eucharist is the Concluding Rites or the Dismissal. We are being sent out to continue the mission of Jesus. Father ends the Mass with one line usually from the list below:

- ✠ Go forth the Mass is ended.
- ✠ Go and announce the Gospel of the Lord.
- ✠ Go in peace, glorifying the Lord by your life.
- ✠ Go in peace.

And we respond: **Thanks be to God.**

You are not a world leader or a king or queen but you can bring about change. What can you do to make a difference in the world even in the smallest of ways?

What can you do to
GO IN PEACE to the lonely?

What can you do to
GO IN PEACE to care for the Earth?

What can you do to
GO IN PEACE to your friends?

What can you do to **GO IN PEACE** to
the elderly, sick or homeless?



Make an Acrostic Poem about what you have learnt using the letters below.

**E
U
C
H
A
R
I
S
T**



Imprimatur:
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