

## **Children's liturgy –The Most Holy Body and Blood of Christ (Year A)**

### **Preparation of the worship space**

Colour: White

Props: Different types of bread from around the world for the children to try or pictures of different types of bread for the children to look at, a world map

**Song suggestions:** Eat this bread, drink this cup (Taizé) (151, Celebration Hymnal for Everyone)

Bread of life, hope of the world (95, Celebration Hymnal for Everyone)

Bread for the world, a world of hunger (92, Celebration Hymnal for Everyone)

**Welcome:** Today Jesus tells us that anyone who eats the bread that he offers will live forever. How amazing! But how can this be? Let's think about this and the importance of bread around the world today.

**Opening prayer:** Christ Jesus, Bread of Life, feed us with your love and wisdom and show us how we can help others, so that all people may have enough to eat. Amen.

**First reading (optional):** Deuteronomy 8:2-3, 14-16

**Psalm:** Psalm 147:12-15, 19-20. R. v. 12

**Gospel acclamation:** everyone stands and sings the acclamation together. Suggestions include: 'Halle, halle, halle' (Caribbean) from 'Sing With the World', Alison Adam & John Bell; 'Alleluia' (Zimbabwe), Abraham Maraire Publications, WCC & GIA; 'Celtic Alleluia' (traditional); 'Alleluia! Raise the Gospel' from 'Go Before Us', Bernadette Farrell, OCP Publications.

**Gospel:** John 6:51-58

**Gospel reflection:** What do you remember from today's reading?

Today Jesus tells us that he is the living bread which has come down from heaven. That anyone who eats this bread will live forever.

He goes on to say that the bread he gives is his flesh, and that whoever eats his flesh and drinks his blood lives in him and he lives in them.

What do you think this means?

Every time we come to Mass, the bread and wine are changed into the body and blood of Jesus. And we come to share in it, even if we only have a blessing, welcoming Jesus into our lives.

*With older children, who have made their First Holy Communion, you could talk more about the significance of the Eucharist at this point. For younger ones, we have chosen to focus more on the importance of bread around the world.*

Why do you think Jesus chose to talk about bread?

Bread is a very important food. It is a basic food eaten by people all over the world. It is an everyday food that all his listeners would have recognised and understood.

When was the last time you had some bread? How often do you eat bread? Every day, once a week or just on special occasions?

How many different types of bread can you name? (*eg brown, white, baguette, pitta, naan, chapati, rolls etc*). How many different types of bread have you tried?

Bread is very important in the lives of many people around the world today. In fact it can be life-changing.

In a village called Puentecitos in El Salvador a group of women runs a bakery where they make rolls and other nice things.

The ingredients are getting more expensive but the women have not put the prices of their rolls up. One of the women, Sibia, explains why: "Everyone is poor and cannot afford it."

The women know that everyone needs food, so if their customers have no money they will swap the bread for something that the customer has to give away instead.

Sibia says that making and selling bread has changed her life. "It has made a big change because for the first time we have some savings," she says. Sibia and her friends are using this extra money to buy more ingredients for making their bread.

Teresinha lives in Brazil and runs a healthy eating project called Bread and Art. She helps families who don't have much money to make the most of their food.

She says, "I remember going without food when I was a little girl. I was very poor. I love making bread. With the Bread and Art project I discovered that

inside this bread is a story, the story of the farm labourer who prepares the land, scatters the seed and gathers the harvest to bring us flour. Bread has rescued my life.”

*(There are photos of Sibia and Teresinha in the accompanying photo PowerPoint which you can share with the children)*

As we get ready to go back into Mass and share in Communion, let’s think about how very special this bread is and be ready to welcome Jesus into our lives. And let’s remember in our prayers Sibia and Teresinha, all those who produce the ingredients for bread, and all those who make bread around the world. Let’s also pray especially for those who are struggling to get enough food to eat.

**Intercessions** *You may want to ask the children to offer their own prayers or you can use the suggestions below.*

We live in Jesus and he lives in us and so we pray together:

We pray for all those whose life stories are in the bread that we eat, those who produce the ingredients, those who make the bread: that they may have their fair share of the good things that God has given for us all. Lord, in your mercy...

We pray for all members of our global family who are hungry: that through our prayers and actions, we may all have enough food. Lord, in your mercy...

We pray for our parish, family and friends: that we may be inspired to work together with others so all people may have enough to eat. Lord, in your mercy...

**Closing prayer:** Lord, Giver of Life, we thank you for the gifts that you have given us. Watch over all your people and work through us so that all your children around the world may have enough to eat. Amen.

### **Activity suggestions**

Ask the children to colour in the accompanying illustration of the bakery in Puentecitos and on the back to write or draw what they will do to help make sure that all people around the world have enough food to eat.

Bring in different types of bread from around the world to show the children (or photos/pictures of different types of bread if that’s easier. You could even let those children who will not be receiving Communion taste these different breads *(make sure you’re aware of any allergies etc)*. Ask the children if they can name any of them. Explain to the children which country the breads originally come from and show them on a map where that country is. Ask the children if they’ve ever tried these types of bread before – or whether they’ve tried any that aren’t

represented. What are they like? Did they enjoy them? What did they eat them with? Talk about the fact that even though these breads are all different, they are still bread. Much the same as all people are different but they are still people – who are special and loved by God.

Get the children to think about Teresinha's words "I discovered inside this bread is a story". Whose story is inside the bread that they eat? Help the children to think about all the people that are involved in producing the bread that they eat, from those who grow and produce the ingredients, to those who make and sell the bread.

Ask the children to go home and share all that they have heard and thought about today. Ask them to think, each time they eat bread in the coming week, about Teresinha and Sibia, and about all the people around the world who are struggling to get enough to eat and to pray for them. Ask them to do one thing in the coming week to help those who are hungry.