

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

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

Colour: white

**Song suggestions:** Bread for the world (625, Laudate)

This is my body (627, Laudate)

**Welcome:** Today we hear about a very special meal that Jesus shared with his friends, a meal that we remember every time we come to Mass. Let's think some more about this now.

**Opening prayer:** Christ Jesus, as we remember how you shared bread and wine with your friends, may we be moved to share our bread with others, so that no one goes hungry. Amen.

**First reading (optional):** Exodus 24:3-8

**Psalm:** Psalm 115:12-13, 15-18 r.13

**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:** Mark 14:12-16, 22-26

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

Did any of the words sound familiar? Which ones?

Today we hear how Jesus got ready to share the Passover meal with his friends. And then, when he was at the meal he broke the bread, blessed it and shared it with his disciples.

What happened next?

Jesus took a cup, said a blessing and shared that with his disciples too.

Every time we come to Mass we remember this – and the priest uses the very same words that Jesus did in this reading. This is a very important moment each week as the parish shares in the bread and wine, the body and blood of Christ.

*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 idea of sharing and community.*

So each week, we remember a special meal that Jesus had. And each week we are invited to share in that special meal with him, through Holy Communion, even if we only have a blessing.

Can you think of any other special meals that you have shared with friends or family? What was it that made it so special?

A special meal can help to show us that we belong. It helps us to be in a good mood and confident to do other things. When we are hungry it is easy to be distracted from important things like school or caring for others.

Ruben is eight years old and lives with his family in Bolivia. Ruben's family found it difficult to grow the food that they needed to eat because of the condition of the soil and the weather. The family were often hungry, and Ruben's parents were worried that he wasn't getting enough to eat.

With support from CAFOD's partner, Ruben's family were able to build their own greenhouse which helps protect the crops. Ruben enjoys weeding and taking care of the plants and the tasty vegetables will help him grow up big and strong. Ruben now seems much happier and is learning lots at school.

The family are also able to sell some of their extra vegetables at the market, so they can earn some money for the things that they need.

Jesus shared a meal with his friends. And we still share in that meal with him today. How can we also make sure that all people get their fair share of food in the world today?

As we get ready to go back into Mass, and share in Communion, let's think about all those in our global family who are hungry, and how we can share with them.

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

We pray together:

We pray for the Church throughout the world: that it may encourage all people to come together in peace and unity, to share and to stand up for what is right. Lord, in your mercy...

We pray for world leaders: that they may do all that they can to make sure that all people have enough food to eat and can live free from poverty. Lord, in your mercy...

We pray for our parish, family and friends: that we may share what we have with others and do what we can, so all may have enough to eat. Lord, in your mercy...

**Closing prayer:** Christ Jesus, you invite us to share in your table. May we also be willing to share with others, and to make a change so that all people have enough to eat. Amen.

### **Activity suggestions**

Ask the children to colour in the accompanying illustration and on the back to draw a special meal that they have shared with family and friends.

Discuss different kinds of bread from around the world with the children – maybe find pictures of some of the many different types of bread that are eaten around the world (tortillas, chapatis, pitta, naan etc) or bring in different types of bread for the children to try (make sure you check about any allergies). How many have they had before? What type of bread do they eat at home? Think about how important bread is in many cultures, and the importance of bread in the Mass, as it becomes the Body of Christ.

Ask the children as they go back into Mass, to listen carefully to the Eucharistic prayer. Can they hear the bit that is just like today's gospel? While the priest is saying these words, ask the children to think about all members of our global family, here and overseas, who do not have enough food to eat.

Share the children's prayer for *Adoremus*, the Eucharistic Congress in September 2018 with the children. Say it together and give the children a copy to take home and share with those they live with. Available from [cafod.org.uk/primary/food](http://cafod.org.uk/primary/food)

Ask them to tell their family all that they have heard and thought about today. Each time they sit down to eat this week, ask them to think of all members of our global family who do not have enough to eat. Ask them to do one thing this week to share with others, and to try to make a difference so that all people have enough to eat.