



Liturgy of the Word with Children

Te Ritenga o te Kupu hei ngā Tamariki

Prepared by the Liturgy Centre, Catholic Diocese of Auckland

The Body and Blood of Christ

'Jesus you are bread for us'

White

Exodus 24:3-8 Psalm 116 Mark 14:12-16, 22-26



What would happen if we had no food or anything to drink?

Together they keep us alive, and without their life-giving nourishment we would die.

Jesus is the bread of life who shares himself with us in a special way during the Mass.

Leader's Preparation

In preparation for leading this celebration begin by reading and reflecting on the Scriptures for The Body and Blood of Christ, starting with the Gospel. (You may choose to use or focus on one reading only, but remember that the Gospel may not be omitted.) Then look through the preparatory material that follows and familiarise yourself with the Liturgy Outline.

GOSPEL

Mark 14:12-16, 22-26

It was the first day of the Feast of Thin Bread, and the Passover lambs were being killed. Jesus' disciples asked him, "Where do you want us to prepare the Passover meal?"

Jesus said to two of the disciples, "Go into the city, where you will meet a man carrying a jar of water. Follow him and when he goes into a house say to the owner, 'Our teacher wants to know if you have a room where he can eat the Passover meal with his disciples.'

The owner will take you upstairs and show you a large room furnished and ready for you to use. Prepare the meal there.”

The two disciples went into the city and found everything just as Jesus had told them. So they prepared the Passover meal.

During the meal Jesus took some bread in his hands. He blessed the bread and broke it. Then he gave it to his disciples and said, “Take this. It is my body.”

Jesus picked up a cup of wine and gave thanks to God. He then gave it to his disciples and said, “Drink it!” So they all drank some.

Then he said, “This is my blood, which is poured out for many people, and with it God makes his agreement. From now on I will not drink any wine until I drink new wine in God’s kingdom.”

Then they sang a hymn and went out to the Mount of Olives.

FIRST READING

Exodus 24:3-8

Moses told the people all of the Lord’s commands and laws. The people answered, “We will do everything the Lord has commanded!” Then Moses wrote down all that the Lord had said.

The next morning Moses got up early and built an altar at the foot of the mountain. He took a large stone for each of the twelve tribes of Israel and placed the stones there.

Then he sent some young men to burn offerings and sacrifice bulls as special offerings to the Lord. Moses put half of the blood from the animals into some bowls and sprinkled the other half on the altar.

Moses read aloud from the book of the Lord’s promises and the people shouted, “We will obey the Lord! We will do everything he has commanded.”

Then Moses took the blood that was in the bowls. He sprinkled it on the people and told them, “This blood shows that the Lord will keep all of his promises to you.”

PSALM

Psalm 116

Response: I will take the cup of salvation, and call on the name of the Lord.

What must I give you, Lord, for being so good to me?

I will pour out an offering of wine to you,

and I will pray in your name because you have saved me.

I will offer you a sacrifice to show how grateful I am, and I will pray.

I will keep my promise to you when your people gather at your temple in Jerusalem

Scriptures from the Lectionary for Masses with Children (CEV)
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Background to the Readings for Leaders

The focus of the readings is on the covenant sealed in blood. The importance of blood as the life-force and the image of life itself is stressed in each reading and gives meaning to the sharing of the cup as a symbol of renewing the life-giving covenant. The first reading describes Moses' sealing of the first covenant, while in the Gospel Jesus speaks of the new covenant sealed in his blood. The first covenant was an expression of the personal and sacred commitment between God and the people of Israel. To the Hebrew mind, blood was the source and symbol of life. The blood, representing God, is poured on the altar and on the people.

In the Gospel Jesus prepares to eat a last meal with his friends he knows that the final moments are upon him. Careful preparations are made for the meal; it must be celebrated in peace, to savour the gift that will be offered. The gift is a surprise. Jesus gives himself. The friendship Jesus has had with his followers is about to come to an end. That fellowship will be renewed in full only in the kingdom of God.

Now it is our turn. Every time we gather to celebrate Eucharist, using the same symbols of bread and wine through which Jesus invites us to share his body and blood, we encounter the living Lord, ever present to us. To share in his life, to be one with him, is to live forever.



Images from the Readings

- The Lord will keep his promises to you
- Passover meal
- Prepare the meal
- It is my Body
- This is my blood

Reflection for Leaders

Mark's Gospel describes the Last Supper ritual through which Jesus communicated this extraordinary gift to the disciples. It is the gift of divine life that enters us each time we receive the body and blood of the Eucharist. Christ himself becomes our life, satisfying our hunger and thirst. He chose to make this concept a reality in bread and wine, symbols in which we encounter the living Lord.

Jesus celebrated a special meal with his disciples the night before he died. They shared bread and wine. Jesus told them that from now on, whenever his disciples share that bread and wine and remember him, he is present with them in a special way.

When we come together for Mass, we remember what Jesus said and did. We too share that bread and wine which is the very life of Jesus, and it brings us all closer together. We eat the bread and drink from the cup and in our 'Amen' say that we believe in Jesus, and yes we



become the very body and blood of Christ. And we are sent to be 'bread' – to be life - for others. The Eucharist is not something we come to watch' it is rather something we come to do. In the action of the Mass we gather as a consecrated people, we hold holy the memory of Jesus, we share the bread that is broken, we accept the cup that is held out to us then we go out to live what we have received. Reflect this week on the different ways you are "bread" for others and how others are 'bread' for you.

Reflecting on the Readings with the children

Before Sunday read over the suggested discussion points given in the Leader's Liturgy Outline.

With the 8-12 year olds: First, listen to the children's own responses to the Reading/s and then, if needed, use some of the discussion starters suggested.

With the 5-7 year olds: Adapt some of the questions in the 8-12 material and then join with the older group for the 'Liturgical Action'.

Suggested Focus

Prepare a focus for the area where the children's Liturgy of the Word is to be held:



White cloth, Lectionary, a candle, pita bread or roll and a glass of grape juice.

LEADER'S LITURGY OUTLINE

The Body and Blood of Christ

At a suitable moment after the Opening Rites, but before the First Reading is proclaimed, the children are presented with the Children's Lectionary and a candle and sent, with their ministers, to the place where they will celebrate their own Liturgy of the Word, with words of dismissal such as the following:

INVITATION – Pōwhiri I invite the children to join in the procession for their celebration of the Liturgy of the Word.

To the Minister of the Word: Receive this Book of Readings and proclaim God's Word faithfully to the children entrusted to your care.
Receive this candle as the light of Christ who is present in his Word.

PROCESSION WITH THE BOOK OF READINGS – Te Kapa o te Pukapuka Tapu

WELCOME – Ko te whakatau

Leader: O God, from the beginning of time you have been our God and we have been your people. With your help we can remain true to the Gospel.

R Amen.

First Reading: Exodus 24:3-8

(if used)

The Word of the Lord / Ko te Kupu a te Ariki
Thanks be to God / Whakamoemiti ki te Atua

Psalm 116

Response: I will take the cup of salvation, and call on the name of the Lord.
(or another suitable response known by the children)



General: Al - le - lu - ia. Al - le - lu - ia. Fill us O Lord with your word._____



Al - le - lu - ia. Al - le - lu - ia. Your word is life for our souls.

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

Minister of the Word: A reading from the Holy Gospel according to Mark

Children: **Glory to you, O Lord / Korōria ki ā koe, e te Ariki**

At the end of the Gospel: The Gospel of the Lord

Children: **Praise to you, Lord Jesus Christ / Kia whakanuia rā koe, e te Ariki, e Hēhu Karaiti.**

REFLECTING ON THE READINGS WITH THE CHILDREN – Whai Whakāaro

8-12 year olds: *Suggested Beginning: A good place to begin is with the question: What did you hear? Allow each child the opportunity to respond in their own words to hearing the Word of God. Then begin a general discussion, building on these responses, perhaps using some prepared questions, like the following, to stimulate ideas.*

- Are there times in our lives when we celebrate an event with a special meal?
- When? What do you eat on these special occasions?

Discuss with the children some of the different times that families gather to share a special meal: Christmas, Easter, birthdays, weddings, and so forth. Help them see that certain foods have become symbols of what we are celebrating. When we see and eat certain food, it makes the event real and even brings back memories of past celebrations. For example, many families have roast lamb for dinner every Christmas. It has become symbolic for the celebration of this special event. Sharing in this special dinner brings members of the family closer together.

- Show the children the gifts of bread and wine on the prayer focus.

- What special event was Jesus celebrating with his disciples? What food did they use?

Help them make the connection between Jesus' words to his disciples and the words we use at Mass – "This is my Body; this is my Blood; do this in memory of me"

When we come together for Mass, we still remember what Jesus said and did. We too share that bread and wine which is the very life of Jesus and it brings us all closer together. Jesus knew that just as our bodies need nourishment from the food we eat at home, so do our souls. The bread and wine of Holy Communion is food for our souls and sharing in this special meal helps us to remember that people have been doing what Jesus asked them to do to remember him, for a very long time. Week by week we can feed on this living bread and wine so we may grow in holiness and bring God's life to all we meet.

5-7 year olds: Adapt some of the questions in the 8-12 material and then join with the older group for the 'Liturgical Action'

LITURGICAL ACTION – Ko te Ritenga Karakia



Share in the singing of a communion song such as
"Jesus You are Bread for Us"
by Christopher Walker.



The Body and Blood of Christ

Echo Mime

Mark 14:12-16, 22-26

The Last Supper

A story from Mark's Gospel

Hands open as in reading a book

Sitting at table
Jesus took bread
Blessed it
Broke it
And passed it around

Sitting action
Lifting action
Blessing action
Breaking action
Sharing action

This is my Body

Hands over people

Then he poured some wine
Blessed it
And passed it around

Pouring action
Blessing
Sharing action

This is My Blood.

Hands over people

After I am gone
Gather together

Turn away
Arms extended moving in towards body

Around a table

Make shape of a table

Share your food
With the hungry
Share your possessions
With the poor

Sharing action
Sharing action
One hand cupped, other hand takes from cupped hand

Share your hopes and dreams
With one another
Share your memories of me

Move hand from heart to mid-air
Sweeping hand movements
Move hand from head to mid-air

You are My Body
You are My Blood

Point to people
point to people

The Word of God

Hands open as in reading a book.



From 'Just Imagine, Creative ways of presenting Scripture' written by Rina Wintour, Mountjoy Enterprises, www.mountjoyenterprises.com.au. Available from the Liturgy Centre.