

## **Week Three: The Liturgy of the Eucharist- Jesus Feeds Us**

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We now focus on the Mass as not only a family celebration but also as a meal. During the Liturgy of the Word, we are nourished by the words of God through readings from the bible. During the Liturgy of the Eucharist, we are nourished by the body and blood of Jesus Christ. We are fed by his sacrifice and are asked to go forward and feed others – whether they hunger for food, or for love, or care, or friendship.

In the parable of the loaves and fishes, Jesus shows us how He feeds his followers both physically as well as spiritually. He gives us what we need.

### **Eucharist – A Family Meal**

During the celebration of Mass we come together as a family to give God thanks and praise. In fact, the word Eucharist means “to give thanks”. We offer the Mass as a sacrifice to God and bring gifts of bread and wine to the altar to show our love for Him.

After the Prayers of the Faithful, the Mass continues with the Liturgy of the Eucharist. First the priest prepares the altar then continues with the **Presentation and Preparation of the Gifts** . We all pray together that the Lord will accept our gifts with the **Prayer over the Offerings** . The **Eucharistic Prayer** follows. It is the most important prayer of the Church.