

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

Preparing for worship

If you are with the children, prepare the materials. If you are running an online session, let parents know in advance what is needed and suggest they download and print the illustration where possible from cafod.org.uk/childrensliturgy

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 go 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 food 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.*

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

On the first day of the Festival of Unleavened Bread, the day the lambs for the Passover meal were killed, Jesus' disciples asked him, "Where do you want us to go and get the Passover meal ready for you?"

Then Jesus sent two of them with these instructions: "Go into the city, and a man carrying a jar of water will meet you. Follow him to the house he enters, and say to the owner of the house: 'The Teacher says, Where is the room where my disciples and I will eat the Passover meal?' Then he will show you a large upstairs room, prepared and furnished, where you will get everything ready for us."

The disciples left, went to the city, and found everything just as Jesus had told them; and they prepared the Passover meal.

While they were eating, Jesus took a piece of bread, gave a prayer of thanks, broke it, and gave it to his disciples. "Take it," he said, "this is my body."

Then he took a cup, gave thanks to God, and handed it to them; and they all drank from it. Jesus said, "This is my blood which is poured out for many, my blood which seals God's covenant. I tell you, I will never again drink this wine until the day I drink the new wine in the Kingdom of God."

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

*(Gospel passage taken from Good News Translation® and used with permission. *)*

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 go 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 time we go to Mass, we remember a special meal that Jesus had. And 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, 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 Ruben 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 at Mass. 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/ as we watch Mass online/ the next time we are able to be in church for Mass and share in Communion (*use as appropriate for your group*) 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*

For more children's liturgy resources and illustrations see cafod.org.uk/childrensliturgy

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you can use the suggestions below.

We pray together:

We pray for the Church throughout the world: that it may inspire all people to live together in peace, 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 so 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 God may inspire us to share what we have with others, 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

Invite 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.

Encourage the children as they go back into Mass (today or in the future/in person or online), to listen carefully to the Eucharistic prayer. Can they hear the bit that is just like today's gospel? Encourage the children to think about all members of our global family, here and overseas, who do not have enough food to eat, while the priest says these words.

Invite the children to tell their family all that they have heard and thought about today. Each time they sit down to eat this week, can they think of all members of our global family who do not have enough to eat. Encourage 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.

*Gospel passage taken from:
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