**Badarak: Meaningful Moments**

*45 minutes to a richer worship experience (5th grade and above)*

**8. Holy Communion**

*This session should be announced a week in advance so that students can come prepared to receive Holy Communion.**Arrange ahead of time with someone who is at Liturgy to be informed when Der Voghormya begins so you can take your students to church in time for group confession and communion. Or, depending on how much time you have for church, you may go in earlier for the Lord’s Prayer or at the time Amen Hayr Soorp is sung (and leave after the priest blesses the congregation and the curtain is closed).*

**Materials Needed**

* For Teacher: This sheet, Bible, Pew Book
* For Students: Bible, Pew Book
1. *Ask students:* What do you think is the most important part of Badarak? *(write all responses on the board) Say:* It’s obvious that you have different ideas about this question. I bet if we asked our parishioners this question, they would reply with a variety of opinions too. And it’s not that these answers are wrong, but from the standpoint of the *purpose* of the Badarak, there ARE two “most important” moments. Here’s a clue: the first one involves a beautifully decorated book *(hopefully, they will reply with reading of the Gospel).* Here’s a clue for the other “most important” moment: it involves a tiny piece of bread dipped in wine. *(Holy Communion)*
2. *Say:* In both these moments, we receive something sacred. What do we receive in the Gospel reading? *Wait for answers; we receive the story and words of Jesus Christ.* And what do we receive in Holy Communion? *We receive Jesus Christ himself*. It’s interesting that we understand the Gospel to be the Word of God—with a capital W -- and Jesus Christ is the Word (also with a capital W). God comes to us through the Gospel and through Holy Communion which is the body and blood of Jesus Christ. So in the Badarak, we are filled with the Lord Jesus Christ and fed with the Lord Jesus Christ.
3. *Say:* Let’s turn to pages 50 and 51 in our Pew Book. These are the two hymns we sing after receiving Communion. What do they say about the experience of communion? *(Communion fills us, we taste it, it is good, it is the body of blood of our Lord, we give glory to God for this gift, we ask God for his blessing, we give thanks)* Look at the words of the hymn of page 51. Notice the translation: what does “kohanamk” mean *(we give thanks).* To what does the “table of immortal life” refer? *(Altar table)* According to the hymn, why does the Church distribute Holy Communion? *(For the salvation of the world and for the life of our souls)* (20 min)
4. Church. *You should return to class after the singing of Kohanamk.* (15 min)
5. *Say:* Let’s end the session by reading an amazing Bible passage. Turn to Matthew 26:26-29. *(Ask a student to read the passage.)* What event is this? *(The Last Supper)* Now let’s turn to page 31 of our Pew Book. Look at the words the priest says at the top. What do you read? *(The exact words used by Christ at the Last Supper)* When we share in this meal at every Divine Liturgy, in a way we are just like the bread and wine: we become changed by the grace and mystery of this sacrament.
6. What might some of these changes look like? *Discuss. Answers might include treating siblings better, more consideration for parents, not badmouthing friends, etc.* Let’s pray: Lord, we thank you for the eternal gift of your Body and Blood. We are indeed spiritually filled and renewed through you alone and ask your help in understanding this miracle. Amen. (10 min)