

First Day of Sunday School
COMMUNION/SACRAMENT SUNDAY
Lesson Plan #3: Holy Communion (Eucharist)

<p>Preparation: (What I need to do and items to gather before I begin to teach.)</p>	<ul style="list-style-type: none"> • Nushkhar (<i>arrange to get one from your priest</i>) or print a picture of a nushkhar (<i>at end of lesson</i>) • Bread and wine • Items to create a “mock altar” • Small “treat” (goldfish crackers, mnms, Skittles, etc.) to represent “communion”
<p>Lesson Title:</p>	<p>Holy Communion (Eucharist)</p>
<p>Scripture Reference(s):</p>	<p>1 Corinthians 11:24-25 “and when he had given thanks, he broke it and said, “This is my body that is for you. Do this in remembrance of me.” In the same way he took the cup also, after supper, saying, “This cup is the new covenant in my blood. Do this, as often as you drink it, in remembrance of me.”</p>
<p>Emphasis or Theme:</p>	<p>There are 7 Sacraments of the Armenian Apostolic Church. Today we focus on the 4th Sacrament, which occurs immediately after we have recited the Confession (Penance). The 4th Sacrament is: HOLY COMMUNION (EUCHARIST).</p>
<p>Introducing the Lesson: (What you might say or do before the story to help create an interest or curiosity.)</p>	<p>REVIEW: Sacraments are signs of God’s love. The Armenian word for sacrament, “<i>khorhoort</i>,” means mystery. Jesus Christ is mysteriously present in the seven sacraments and is Himself the officiant through the person of the priest.</p> <p>Sacraments are visible signs of ceremonies that give us God's grace. What is grace? Grace is the gift of God's friendship, constant love, and His invitation for us to live in union with Him. Sacraments allows us to be physically reminded of God's love!</p> <p>SAY: (<i>List on board - have students help!</i>) So far, we discussed the first 3 Sacraments: BAPTISM, CHRISMATION (CONFIRMATION), and PENANCE.</p> <p>PLAY: “SNOWMAN” - <i>This is a new name for the popular game “Hangman.”</i> When you play Snowman, for the first incorrect answer the lower (and biggest) snowball is drawn, for the second the middle snowball is added, and for the third a snowball is added at the top (the head of the snowman). After that, the snowman gets two sticks (the arms), a top hat (like the one Frosty the Snowman wears), two eyes, and a sad face. Nine mistakes!</p> <p style="text-align: center;"><u>E U C H A R I S T</u></p> <p>ASK: Does anyone know what this word, “Eucharist” means? (<i>Pause for responses</i>) SAY: Today we focus on Sacrament #4: HOLY COMMUNION, also called EUCHARIST.</p>
<p>Sharing the Lesson: (Outline the lesson here. Then describe the method you will use to tell the story. Examples might include showing pictures, props, visuals, drawing as you tell, using puppets, costumed characters, dramatic story-telling or any number of other methods.)</p>	<p>HOLY COMMUNION (EUCHARIST) SAY: We all need nourishment to live. The soul needs spiritual food to keep alive and to grow in the Kingdom of God. Holy Communion is the most important sacrament and the center of the Church’s life; this union with the Lord is indeed the ultimate purpose of a Christian life as a whole. Communion (<i>haghortootiun</i> in Armenian) refers to the mystical union of people with God and each other as they gather, pray, read the Bible, remember Christ, and share in his redemption of the world through the bread and wine that become truly his body and blood. The faithful are encouraged to take Communion as often as they can.</p> <p>(Holding up a Nushkhar) SAY: In the Armenian church, the bread that we receive</p>

during Communion is called “Nushkhar,” and it looks like this. Each Nushkhar will have an imprint, such as a *crucifix, lamb, cross*.

SAY: One of the things we teach in Sunday school, over and over again, is that the bread and wine we receive as Communion is the body and blood of Jesus Christ. Of course, it isn't literally His body and blood - it starts out as just bread and wine. But in all of our sacraments, Jesus Christ is mysteriously present. Jesus, Himself, is the officiant through our priest. Through our priest, during every church Badarak, Jesus turns the bread and wine into His Body and Blood at a moment called the **Consecration**, which means the act of making something sacred. It is in this way that we can receive Jesus in our souls.

ASK: Who can tell me the first time that Jesus turned bread and water into His body and blood? (*At the Last Supper*)

SAY: It was during that meal in the Upper Room, on the night before his execution, that Jesus gave His disciples bread and wine, declaring them to be his Body and Blood. Jesus told them that in this ritual meal, he had established "the new covenant in my blood" a new relationship of love and fellowship between God and humanity. Jesus told them, "Do this in remembrance of me." 1 Corinthians 11:24-25.

When we celebrate the Eucharist and receive Holy Communion, we recommit ourselves to this new covenant in the Church. We rededicate ourselves to Christian life as children of God. We renew our oath of baptism. Filled with Christ himself, we say, "*Yes, Lord. I want to follow you and be with you in this life and for all eternity.*" Through the Eucharist, the Church offers us true inner peace, a real sense of belonging, and a true security that comes from being with God.

SAY: On our last Communion Sundays, we discussed BAPTISM, CHRISMATION, and PENANCE. Let's see how those Sacraments relate to taking Holy Communion.

Taking Communion in the Armenian Church:

1. Any **BAPTIZED** member of the Armenian Church can receive Holy Communion. We learned that **Baptism** and **Chrismation** occur together in our church, so without undergoing these sacraments, a person is not able to receive Communion.
2. It is up to the individual to decide how often he/she is ready and willing to take Holy Communion.
3. Those who wish to receive Holy Communion normally prepare themselves by praying and by fasting from all food and drink on the morning before receiving the sacrament. This is the ideal toward which all should strive. However, if a person has not been able to fast for health reasons, but earnestly desires to receive Holy Communion, he/she should not hesitate to approach the chalice and to receive the sacrament.
4. Commit yourself to working actively to “sin no more.” Those wishing to receive Communion should spend time before church and during the confession to prayerfully reflect on how they may have fallen short in God's eyes.
ASK: Who can tell me the name of the sacrament that this describes? When a person tells God they are sorry for anything wrong they may have done? (**Penance**)
5. Before Holy Communion is given, communicants are called forward before the priest. Making the sign of the cross, they kneel/stand before him for confession and absolution. As confession is read, communicants respond with “*Megha Asdoodzo*” (*I have sinned against God*).
6. Then the priest, not by his authority but by the “very word” of Jesus Christ,

	<p>absolves the sins of all who made the confession.</p> <ol style="list-style-type: none"> 7. When taking Holy Communion, Communicants should make their way before the Altar thoughtfully and with respect 8. Ladies should ensure their heads are covered and any lip color removed 9. Make the sign of the cross, say “<i>Megha Asdoodzo</i>,” open mouth with tongue slightly stuck out, make the sign of the cross, and turn away, trying not to have your back turned on the altar. <p>SAY: Let’s practice! (<i>Set up an altar and have students practice approaching to receive Communion, making the sign of the cross, saying “Megha Asdoodzo,” making sign of the cross, backing away. Stand at the front, acting as the priest. You may even like to place a small “treat” in each mouth (like a goldfish, mnm, etc.) so children can practice putting out their tongues. Practice makes perfect!</i>)</p>
<p>Learning Activities: (Games, crafts artwork, songs, memory verses, or other activities that bring fuller meaning to the scripture or make application to the lives of the students..)</p>	<ol style="list-style-type: none"> 1. Clay Nushkhar 2. Body and Blood Cookies 3. Nushkhar Remembrance Plate
<p>Review: (Solidify learning by repeating. facts or themes or even the story itself through games, crafts, activities, or visual aids.)</p>	<ol style="list-style-type: none"> 1. Name the first 4 Sacraments: <i>1) Baptism, 2) Chrismation (Confirmation) 3) Penance 4) Holy Communion (Eucharist).</i> 2. What does “Megha Asdoodzo” mean? (<i>I have sinned against God</i>) 3. What is another name for the sacrament of Holy Communion? (<i>Eucharist</i>)
<p>Closing: (Prayer, last song, . . .)</p>	<p>SAY/RECITE the Hayr Mer.</p>

Nushkhar

