

Time to Celebrate

Take your “forgiveness” stone. Write

“Megha Asdoodzo”

Forgiveness Stone



RESPONDING IN FAITH

Lord, your forgiveness feels like new clothes for the first day of school. It makes me feel lighter, as if I have set down a heavy stone and am ready for a new start. Amen.

FAMILY CORNER

Sharing Our Faith

Today, we learned about the burden of doing wrong and how every Sunday God gives us the chance to “come clean.” The sacrament of penance is the opportunity for all Christians to pledge a new start before God. The children reviewed a simple and meaningful version of group confession and even made their own “forgiveness stone” as a symbol of how heavy we can feel when we’re not following God. Have your child use the stone as a paperweight.

Living Our Faith

1. Encourage confession and forgiveness in your family life by modeling it yourself. Be quick to apologize if you’ve done something wrong.
2. Let forgiveness free you. Purchase a helium balloon from your local supermarket or other store. Be sure the string is long enough so that when it is let go in the house, it can be retrieved. Gather as a family each day and have everyone hold the string close to the balloon. All say together “I am sorry for anything I did to hurt you today. I forgive anyone who has hurt me.” Then let the balloon go. Do this as often during the week as you feel comfortable.

Getting Closer to God

The First Holy Communion

Read all of the story about how Jesus shared his very own self through bread and wine at the first Holy Communion in Luke 22: 7-19. Then be ready to answer these questions:

1. Who did Jesus send to make preparations for the feast?
2. What feast were they preparing for?
3. What kind of room did they find?
4. Was Jesus happy to be eating with his friends?
5. What was he talking about when he said that he would “suffer”?
6. What did he do and say with the cup?
7. What did he do and say with the bread?



Our Armenian Way

Of the seven sacraments, Holy Communion is the greatest as it unites us with our Lord and Savior, Jesus Christ. Receiving Holy Communion nourishes our souls and feeds our spirits. In the Armenian Church, there is a certain way we receive Communion.

Put these events in the order they occur by numbering them 1 - 5.

- ___ Confession
- ___ The priest holds up the chalice and gives a blessing
- ___ Return to the pew
- ___ Step up to the priest, make the sign of the cross and say Megha Asdoodzo (I have sinned against God)
- ___ Tilt head back a bit, open mouth, receive Communion, make the sign of the cross, and step aside





Taking a **Closer** Look

One of the Communion hymns joyfully says: **Taste and see how sweet the Lord is.** We feel good when we receive Holy Communion. We are spiritually ready to face the week ahead.



Time to Celebrate

Attend church for confession and Holy Communion. Then “break your fast” with your teacher, parents, and classmates.



RESPONDING IN FAITH

Lord, thank you for opening the doors of heaven to me. Amen.

FAMILY CORNER

Sharing Our Faith

This morning, 4th graders discussed the different ways we stay physically healthy and nourished. We then turned to spiritual health and the nourishment we receive for our souls when we receive Holy Communion. Students read the Bible story in Luke about the very first Holy Communion that Jesus established at the Last Supper. We concluded our lesson by going to church and receiving the sacraments of penance and Holy Communion. You may have been with us, as all parents were invited!

Living Our Faith

1. Read Matthew’s account of the Last Supper in Matthew 26:17-30.
2. Discuss with your fourth grader what going to church and receiving Holy Communion means to you.

Sacraments: A Call to Holy Living

Sharing in The Lord: Eucharist



Key Concepts

1. By partaking of Holy Communion, we re-unite with God and receive nourishment for living a holy life.
2. We should receive Holy Communion regularly to be spiritually nourished just as we eat, drink, breathe and sleep regularly to keep our physical life healthy.

Objectives

During this session students will

1. Compare physical food with spiritual food.
2. Explore the way they spend their time and what it takes to stay healthy.
3. Read and discuss the story of the first Holy Communion at the Last Supper.
4. Attend church for confession and Holy Communion.
5. Enjoy a snack with parents after communion.

Note to the Teacher

Timing for this lesson needs to be flexible, depending on how much time you have for both church attendance and class. Adapt activities accordingly.

Procedure

1. Read **From Our Hearts to God** together. Ask students: "What do you like to eat when you're hungry?" After fielding some answers (and let it remain light and fun), ask: "How do you feel after you've eaten these things?" (Answers may include good, rested, relaxed, happy, ready to go, full of energy) Segue to the lesson by saying: "Well today, we're going to think about what special food keeps us *spiritually* full and healthy, and that is, of course, through the bread and wine we receive every Sunday at Badarak. What's that? Yes, Holy Communion." 5 min.
2. Read through **My World** and have the students list or draw as directed. Break up the exercise by allowing students 2-3 minutes to draw for #1, and then discuss answers. Do the same for each of the next two. Finally, discuss the last two questions and guide students to verbalize that good food, drink, rest keeps the body healthy while things like going to church, learning

about God, prayer, reading the Bible and receiving Holy Communion keeps the spirit healthy. 20 min.

3. Say: "Jesus gave us a very special gift when he established Holy Communion with his disciples." Ask for a volunteer to read **God's Guiding Words** and then have everyone open their Bibles to look at the complete story in **Getting Closer to God**. You might want to recreate the story by having students form a circle of chairs or take parts or stand at the front of the room and read aloud. Then direct them to answer the questions in their texts. (Answers: 1. Peter and John, who were two of his three closest disciples; the other was James; 2. Passover; 3. an upper room at a house; this same room was where the Holy Spirit would come down in tongues of fire at Pentecost; 4. yes (verse 15); 5. he was talking about the fact that he was going to suffer on the cross; 6. see verse 17; 7. See verse 19.) 15 min.
4. As a preparation to going to church, read **Our Armenian Way** and ask the students to number the events. Go over their answers (1-4-5-2-3) and summarize by assigning students the numbers, have them stand at the front of the classroom and describe their part in the procedure of receiving Holy Communion. Call on a student to read **Taking a Closer Look** and then prepare to go up to church. Of course this should all be timed flexibly so that you are in church approximately for the Hayr Mer. 5 min.
5. **Time to Celebrate.** After church, enjoy your snack with parents and students. Conclude with the final prayer in **Responding in Faith**.

Sacraments: A Call to Holy Living

Vocation: Marriage/Holy Orders



Key Concepts

1. Many of us will marry and if we do, we want God to be a part of our union.
2. God blesses and consecrates (makes holy) marriage.
3. Some of us will be called by God to serve him in an ordained vocation as an altar server, deacon or priest.