

ARCHDIOCESE OF CHICAGO

Preparing for the Solemnity of the Most Holy Body and Blood of Christ as a family

The Church celebrates The Solemnity of the Most Holy Body and Blood of Christ on the second Sunday after Pentecost. This feast, commonly known as Corpus Christi, celebrates Jesus coming to us in the Eucharist and really being present to us in the sacrament. Explore these activities as a family to grow in your understanding of the beauty of the Catholic Church's teaching about the Eucharist and celebrating Corpus Christi. Contact your local parish to learn how you can participate in the celebration and give glory to God for the gift of the Eucharist!

Looking for more? Check out Holy Hero's **5 Ways to Celebrate Corpus Christi as a Family**.

Step 1: Scripture and Prayer

- Start by setting up a prayer space in your home. Here's a **guide** to help you get started with praying as a family.
- Pray this **Family Prayer** as you begin.
- Read the **Gospel for June 11, 2023** together.

Look to the **Sunday Connection** from Loyola Press for background information on the Gospel reading and for some children's activities about the Solemnity of the Most Holy Body and Blood of Christ.



Step 2: Reflecting on the Gospel Reading

Talk about the Gospel reading together—what stood out to you? Here are some other questions to consider:

- Who is the Bread of Life? (Jesus)
- Why do we eat bread? What does bread do for us? (It is nourishing.)
- Bread gives us life and nourishes our bodies. Jesus is the living bread who saves us from sin and gives us life forever with God in heaven.
- Our faith teaches us that when we gather to celebrate Mass, Jesus is present to us. The bread and wine truly become the Body and Blood of Christ. This is what we mean by the word transubstantiation: Jesus makes himself present to all who receive the Body and Blood of Christ.

Step 3: Videos and Craft Activities

- Learn about **Corpus Christi** with Catholic Kids Homilies.
- Learn about the Mass with the **Introduction to Mass Story and Reflection** and the **4 Parts of the Catholic Mass for Kids** article.
- Watch the video **God in the Streets of New York City** to see what a Eucharistic Procession looks like
- Look at Catholic Icing to **Craft a Monstrance with a Gold Doily** and for a **Handprint Monstrance Craft** for younger children.
- As a family, discuss ways you can put God first **(First Commandment Craft)** and keep the Sabbath holy **(Third Commandment Craft).**

Step 4: Sharing

- For those in your family who have already celebrated their First Holy Communion, share your memories and look at family photos of this special day.
- For those who have not yet celebrated their First Holy Communion, talk about what excites you or what makes you nervous about that special day you're preparing for.
- Talk about how you might celebrate Corpus Christi as a family this year, and how you might remember and honor Jesus in the Eucharist more often.
- End your Corpus Christi reflection by praying this **Act of Spiritual Communion** together.