



THE CATHOLIC PARISH OF
BOGNOR REGIS AND SLINDON

We are followers of Jesus, on fire with his love,
sharing that love with each other and with the world.

14th June: The Body and Blood of Christ

All the content below is for you to make your own, please do read through it, pick what would work best for your children and would best engage them.

Rest assured of my prayers for your family and you this coming week!

Kathryn Rosa

Today's Gospel is from Jesus' teachings before he died. Jesus has been busy teaching the people healing the sick and performing miracles. Now he has a very important teaching: he calls himself 'living bread'...

Bread is important, healthy food. When we eat bread it becomes part of us and helps us grow strong.

When we receive Jesus' body in communion or bring Jesus close to us in prayer, he becomes part of us so we become strong in God's love and life.

A reading from the holy gospel according to John (6:51-58)

Jesus said to the crowd: "I am the bread from heaven! Everyone who eats it will live forever. My flesh is the life-giving bread that I give to the people of this world."

They started arguing with each other and asked, "How can he give us his flesh to eat?" Jesus answered: "I tell you for certain that you won't live unless you eat the flesh and drink the blood of the Son of Man. But if you do eat my flesh and drink my blood, you will have eternal life, and I will raise you to life on the last day."

"My flesh is the true food, and my blood is the true drink. If you eat my flesh and drink my blood, you are one with me, and I am one with you." "The living Father sent me, and I have life because of him. Now everyone who eats my flesh will live because of me." "The bread that comes down from heaven is not like what your ancestors ate. They died, but whoever eats this bread will live forever."



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Talk about the Gospel story together

Sometimes the most basic of everyday things are the things that we often overlook or take for granted. Bread is an everyday food item that we often don't pay much attention to, but it is a very important part of our diet.

Jesus was a person just like us – ordinary and special. Jesus told us that he is the bread from heaven – living bread - and he makes our lives special. During Mass we remember and give thanks for this. When we gather as a large family and share in the Eucharistic meal we also share life with Jesus. Although we can't celebrate Mass together in church at the moment, there are other ways to share life with Jesus – pray together, watch Mass online, do some of the activities below together and know that Catholics all over the world are remembering how important Jesus's body and blood is for us today.

Let's think about food in a different way—what special meals can you think of that people have? What do most people have for Christmas dinner? How would people in your family react if someone decided to make pizza for Christmas instead? Or if at a birthday, there was no cake or other special food you love?

Special meals help us to remember and to keep traditions of celebrations gone by or make new favourites for your family. When people join in the Eucharist, they are remembering, Jesus' life and mission. At Mass, the bread and wine become Jesus' body and blood, giving those who eat it the strength they need to live their lives like they should.

In Holy Communion we receive another sort of bread, sometimes called a host or wafer. During the Mass the prayers of the priest blesses/consecrates this bread so that we receive Jesus in a special way. When we share Holy Communion with our faith community we help to build ourselves into a strong church family – just like at home when we share a meal together.

Pray together

Anyone in the family who can read could take turns reading out the prayers, and everyone answers "hear our prayer"

Father, we ask you to bless all those who give their time, skill and care to look after our bodies when we are unwell. Help us to be grateful for the care of our parents, nurses, doctors, and all who work to keep us well. Lord in your mercy,

All: Hear our prayer.



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We ask you to bless everyone who won't be able to come into church to pray this week because they need to be very careful to stay well. We also thank you for all the people who will be in the church helping us to stay safe while we pray. Help us to remember them all in our prayers at home this week. Lord in your mercy,

All: Hear our prayer.

We pray for people who do not have clean water to drink or enough food to eat. Help us to be generous to those in need. Lord in your mercy,

All: Hear our prayer.

We pray for the children in our parish and around the world who were preparing to receive Jesus in Communion for the first time. Help them to have patience and keep growing in faith while they wait to receive Jesus's body for the first time. Lord in your mercy,

All: Hear our prayer.



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Activities

Fill in the gaps

The first time Jesus gave us his body to eat was at the _____

Jesus changed bread and wine into his _____ and _____

We can eat the body of Christ at _____

Jesus said "anyone who eats this bread will _____

Answers to choose from

Live forever

Communion

Last supper

Body and blood

Make some flat bread together and share it as Jesus did with his friends at the Last Supper to show them how they should remember him. While you are eating, talk about other special meals you have eaten together or times when you have felt God's love for you.

Here is a recipe you could use

https://www.bbc.co.uk/food/recipes/quick_flatbreads_43123



Ingredients

- 200g/7oz plain or [wholemeal flour](#)
- ¼ tsp [salt](#)
- 100ml/3½fl oz warm water
- 2 tbsp oil ([olive](#), sunflower or vegetable), plus extra for cooking



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Method

1. Kid's job: Place the flour and salt in a large bowl and trickle on the water bit by bit.
2. Kid's job: Mix the water and flour mixture together. Kids can mix using one finger so that they don't get a whole hand covered in dough. Doughy hands can be cleaned by rubbing a little more flour onto the hands over another bowl or the bin – resist the urge to wash doughy hands as you will block the drain!
3. Kid's job: Add the oil and knead the dough – you are aiming for a soft dough. If it is too sticky, add a little more flour or if it is too dry, add a splash of water.
4. Kid's job: Knead the dough for 5 minutes – kids can do this in the bowl or on a clean surface using one or two hands.
5. You can cook the breads straight away or leave the dough to stand for about 30 minutes. This is a good time to make a quick filling such as a grated salad or dip. Divide the dough into four balls (or six if you have a smaller frying pan).
6. Kid's job: On a clean surface, roll each ball of dough one at a time using a rolling pin. If you pick up and move round the flatbread often you know it hasn't stuck. (You may need to sprinkle a little flour on the surface but only use a little as too much will dry out the dough.) Don't worry if they aren't perfect circles!
7. Adult's job: Heat a large frying pan. Take a sheet of kitchen paper and rub a little oil onto the surface of the pan. Cook each flatbread for about 2 minutes on one side – it should puff up a little. Flip the flatbread over using tongs and then cook for a couple of minutes on the other side. The flatbread should have turned lighter in colour and may have a few spots of brown. Keep the cooked flatbreads warm, wrapped in foil or a clean teatowel, until they're all done.
8. If you want crisp flatbreads rub them with a little olive oil, chop into strips or triangles with scissors and then ask an adult to fry them for 5–10 minutes, or until crisp.

Watch and sing along to these YouTube hymns together

I am the bread of life <https://www.youtube.com/watch?v=dX4uC3a7RC8>. See if you can smile as much as they do when they are singing!

Be not afraid <https://www.youtube.com/watch?v=RF0DlpFOoBg>. Because Jesus gave us his body and blood, we know we don't need to be afraid and God will give us what we need.



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The Lord bless you and keep you <https://www.youtube.com/watch?v=PUtl3mNj5U> Churches all over the UK sing this blessing. Peace be with you!

Create a stained glass window of communion

Colour in the white gaps all different colours and then cut out and stick to a window. When the sun shines through, thank God for all the gifts he has given you!

