

“We, who are many, are one body, for we all share the one loaf.” (1 Corinthians 10:17b)

# ONE BREAD, ONE BODY

**A RESOURCE FOR PARENTS OF FIRST COMMUNION STUDENTS  
IN THE PARISH OF CLONARD**



## *Called by Name*

Now, the boy Samuel was serving Yahweh in the presence of Eli; in those days visions were uncommon. One day, it happened that Eli was lying down in his room when Yahweh called, 'Samuel! Samuel!' Samuel answered, 'Here I am,' and, running to Eli, he said, 'Here I am, as you called me.' Eli said, 'I did not call. Go back and lie down.' So he went and lay down. And again Yahweh called, 'Samuel! Samuel!' He got up and went to Eli and said, 'Here I am, as you called me.' He replied, 'I did not call, my son; go back and lie down.' As yet, Samuel had no knowledge of Yahweh and the word of Yahweh had not yet been

revealed to him. Yahweh called a third time. He got up and went to Eli and said, 'Here I am, as you



called me.' Eli then understood that Yahweh was calling the child, and he said to Samuel, 'Go and lie down, and if someone calls

## *1 Samuel 3:1-20*

say, "Speak, Yahweh; for your servant is listening." ' So Samuel went and lay down in his place. Yahweh then came and stood by, calling as he had done before, 'Samuel! Samuel!' Samuel answered, 'Speak, Yahweh; for your servant is listening.' Yahweh then said to Samuel, 'I am going to do something in Israel which will make the ears of all who hear of it ring.' Over time, Samuel grew up. Yahweh was with him and did not let a single word fall to the ground of all that he had told him. All Israel knew, from Dan to Beersheba, that Samuel was attested as a prophet of Yahweh.

## *“Here I Am, Lord”*

In Baptism, you as parents set your child on a special path in life. You asked beloved people in your life to help you raise your child in faith as godparents. You gave your child a name, the name by which God will call your child forever. You chose to make your child part of the Church, someone baptised into the life, death, and Resurrection of Christ. This year, your child continues on the path begun at Baptism.

Because of his or her baptism, your child is part of something (the Church) and someone (Jesus Christ)

bigger than his or her self. In First Communion, your child is called *by name* to the altar of the Lord to live this life, a Eucharistic life of personal communion with Christ. Hearing his or her name, your child has the opportunity to respond to the invitation of God and the Church to join in communion with Christ and with others. By responding to this call, your child is taking another step forward in continuing his or her membership in the Church.

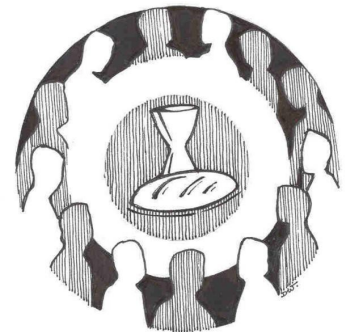
As children grow, they become more able to answer for themselves. Today

at enrolment, they responded to their names by standing on their own two feet. However, your guidance is continually needed to help show the way towards communion.

In our reading, Samuel answers his call by going to Eli, his priest. Eli understands that Samuel's call is from God and points the young man to God. Eli can be a model for you as parents; you, too, can understand that as God calls your children to communion, you have a role in pointing your children toward God.

## IMPORTANT DATES:

- *Commitment Mass:*  
Sunday, 5 February, 10am
- *Ceremony of Light:*  
Sunday, 4 March, 10am
- *First Confession:*  
Thursday, 8 March, 7pm
- *First Communion:*  
Sunday, 27 May,  
10 & 11.15am



## FOR REFLECTION:

*Do not be afraid,  
for I have redeemed you;*

***I have called you by name;  
you are mine.***

*Should you pass through the waters,  
I shall be with you;  
or through rivers,  
they will not swallow you up.*

*Should you walk through fire,  
you will not suffer,  
and the flame will not burn you.*

***Do not be afraid,  
for I am with you.***

*-From Isaiah 43*

**CONTACT PERSONS:**

Clonard Parish Office  
053.912.3672

Sean Devereux, Chaplain  
087.781.4497

*You and your family are especially welcome to Clonard's children's Mass at 10:00 AM on Sundays. If your child would like to be part of the liturgy group, practices are at 7:00 PM on Wednesdays.*



**TO PRAY AT HOME:**

*Lord, we pray:  
graciously accept the faithful service of your whole family, which we offer in gratitude for the gift of baptism you have given us — a birth of water and the Holy Spirit .  
May you bring peace to us each day,  
and as we live our lives in the Eucharist,  
please give us the joy of knowing that we are Your beloved people.*

-Adapted from the new translation of Eucharistic Prayer I



**One Bread,  
One Body**

## The Meaning of this Sacrament

We call this sacrament Eucharist because it is an action of thanksgiving to God; the word "Eucharist" comes from a Greek word meaning "thanksgiving." The words of our Mass come from Jewish words of blessing to invoke God's works of creation and redemption. We proclaim in the mass that it is "right and just" to give God thanks and praise. Our joining together for Eucharist is an opportunity to unite our thanks and praise together in prayer as the Body of Christ.

We call this sacrament Holy Communion because it unites us with Christ. It enables us to become authentic sharers in his Body and Blood in a personal way. Receiving Holy Communion lets us intimately participate in the Body of Christ. This is not just the transformed bread and wine we receive as the Body of Blood of Christ; it is also the people we share the sacrament with - we all share with each other as we all receive Christ.

We call this experience of Eucharist the Holy Mass because the liturgy culminates in the sending forth of the faithful. The word for mass comes from a word meaning "sending forth," and our participation in the Eucharistic liturgy is only complete by bringing the experience of sharing in Christ with us from mass to the way we live our lives.

## Living the Eucharist

While Mass in one sense takes about 40 minutes, Mass is meant to touch and change every minute of our lives. As Christians, we are meant to live in a certain way because we have received the body and blood of Christ. Here are some themes from Mass that can be brought into our everyday lives:

**PEACE.** In Mass, we turn to offer the sign of peace to those seated around us. Because we are part of something bigger than ourselves, our differences are transcended by the unity we share in Christ. Living at peace with our neighbors, then—avoiding gossip, forgiving wrongs, apologizing when we've done wrong—is a way to live the Mass in our daily lives.

**OFFERING.** At Mass, we offer the gifts of bread and wine to God so that they might become the body and blood of Christ. In addition, we offer the gifts of ourselves to God so that we might become the body of Christ. We offer ourselves to God whenever we take care of

our children or other members of the community, and we can further offer ourselves to God by volunteering to do good work.

**GRATITUDE.** As noted above, the very word "Eucharist" comes from a Greek word meaning "thanksgiving." We live the Mass

when we live with an attitude of gratitude, when we remember to thank God for all the blessings in our lives. By choosing to be grateful for all the good in our lives, we can transform our lives. Being grateful to God is one way of bringing the actions of the Mass to the rest of our lives.

**GOING FORTH.** Mass is not complete until we have been sent forth with a mission, the mission of being Christ to the world. Because we receive Jesus in the Eucharist, we are able to carry him to all people that we meet, and we are empowered to continue his work of bringing hope and healing to our broken world.

As parents, you might find that some of the best ways you can bring Mass into your everyday life is with your children. As a start, try to gather your family to pray—you might say the prayer on this page, or another that is familiar to you. However you choose to pray with your family, you have the chance to teach your children the joy of inviting Christ into their lives.

