



Primary Collective Worship Resources

The Mass 3: we eat and drink

Step 1: We gather

Gather the children and begin your session by saying that we are going to continue to finish learning about the Mass. In this third session, we will focus on how participants are invited to join one another at the table. Key Stage 2 children may receive Holy Communion at Mass; Key Stage 1 children can still benefit from this session in anticipation of when they will receive their First Holy Communion.

The children may be familiar with sharing meals with friends and family – and with the concept of how they invite people they don't know well and, when they do, they get to know them.

Invite them to tell you about special meals they celebrate in their families or at school and the people they meet at those celebrations. They might have family who don't live nearby who come to visit and they can tell you how they come to know them better.

Step 2: What the Bible says

Move to the Sacred Place for the Scripture reading. Now, invite the children, if they want to participate, to copy you as you trace the sign of the cross on yourself with your thumb and pray:

God be in my mind (sign the forehead)
God be on my lips (sign the lips)
And God be in my heart (sign the chest).

Explain to the children that Christians believe that God speaks to humans through the words of the Bible.

The reader picks up the book and, holding it up high, reads a simplified version of the reading from the Gospel of Matthew 6.8-13 reverently and clearly to the whole group.

Jesus said to the disciples, 'God your Father already knows what you need before you have even asked him for it. This is how you should pray:

Our Father in heaven:
May your holy name be held in great respect;
May your will be done on earth just as it is in heaven.
Give us the food we need today.
Forgive us for the things that we have done wrong,
as we forgive others who have done wrong things to us.
Don't let us be tempted to do something wrong,
and keep evil things far from us.

The reader says, "The Gospel of the Lord". The response is "Praise to you, Lord Jesus Christ".

After putting the Holy Book back in its Special Place, tell the children a little about the passage they have just heard. Jesus was teaching a large crowd. He told them that it was important not to be a show-off when you are praying, and he taught them this prayer. It is known as the Lord's Prayer, and Catholics often call it the Our Father prayer.

Step 3: Our life experience

Remind them that the table is as they left it after the first and second sessions on the Mass with its white cloth, bread and wine, flowers and candles. In this session, they will join together around the table in the same way as we do at Mass. Turn on the Michael Joncas song, "We come to your feast" and ask the children to listen carefully to the words of this last verse



We gather round your table, we pause within our quest,
We stand beside our neighbours, we name the stranger “guest”.
The feast is spread before us, you bid us come and dine:
in blessing we’ll uncover, in sharing we’ll discover
your substance and your sign.

Invite the children to join in with the refrain:

We come to your feast, we come to your feast:
the young and the old, the frightened, the bold,
the greatest and the least.
We come to your feast, we come to your feast
with the fruits of our lands and the work of our hands
we come to your feast.

Invite the children to join together around the altar. In the Gospel of Matthew (6:8-13), we read that Jesus taught people how to pray using the Lord’s Prayer. Before we receive Communion, we also pray that prayer that Jesus taught:

Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses, as we forgive those who have trespassed against us.
And lead us not into temptation, but deliver us from evil. Amen.

Now present each child with a card with the Lord’s Prayer on it. You can either buy these or print out a card like the one below on 120 gram paper that they can colour in.

You might finish the session with the refrain of “We come to your feast”.

Step 4: How God’s word affects our lives

Encourage the group to talk about what it was like to “act out” the Mass. Ask them if they understand what is happening in the Mass better after these three sessions, and reinforce the key points from the three sessions which have focused on it.



The Lord's Prayer

Our Father,
 Who art in heaven,
 Hallowed be Thy Name.
 Thy Kingdom come,
 Thy will be done on earth
 As it is in heaven.

Give us this day our daily bread,
 And forgive us our trespasses
 As we forgive those
 Who trespass against us.

And lead us not into temptation,
 But deliver us from evil. Amen.

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Liturgy Sheet: The Mass 3

Hymn

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Invite the children to join in with the refrain:

We come to your feast, we come to your feast:
the young and the old, the frightened, the bold,
the greatest and the least.
We come to your feast, we come to your feast
with the fruits of our lands and the work of our hands
we come to your feast.

Pause now to invite the children to join together around the altar. Before we receive Communion, we say the prayer that Jesus taught us, the Lord’s Prayer:

Our Father, who art in heaven, hallowed be thy name.
Thy kingdom come, thy will be done, on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses, as we forgive those who have trespassed against us.
And lead us not into temptation, but deliver us from evil. Amen

Each child is presented with a card with the Lord’s Prayer on it.

This part of the session comes to an end with the refrain:

We come to your feast, we come to your feast:
the young and the old, the frightened, the bold,
the greatest and the least.
We come to your feast, we come to your feast
with the fruits of our lands and the work of our hands
we come to your feast.