
PARISH WORKSHOP/S FOR FAMILIES

EUCHARIST

The following are suggested outlines to assist you in planning one or more parish workshops for children and their families preparing for the sacrament of Eucharist. There are different options depending on the number of families participating and the needs of your faith community.

Through out each workshop outline, you will find presentation notes and hyperlinks to more detailed explanations or resources needed for activities.

AIMS OF A WORKSHOP

The key purposes of these workshops include:

- provide an interactive formation experience that complements preparation resources completed at home (e.g. my sacramental journey Eucharist).
- create an opportunities for children and parents to experience encounter with God through prayer.
- engage parents and children in shared sacramental preparation formation.
- connect sacramental families with each other and with other members of the parish community.
- to familiarise children and parents with any practical considerations such as where to sit, what to say etc.

TIPS FOR FACILITATING A SUCCESSFUL WORKSHOP

Remember our 'why' - Workshops are not just delivering content—we are helping families encounter Jesus. Let that shape our tone and presence.

Prepare with Prayer - Take time as a team to pray for the families attending. This simple act grounds our intentions and invites the Holy Spirit to be a part of the whole process.

Communicate with Care - Use a mix of communication platforms to reach parents—different generations connect in different ways. Lead with joy and warmth, especially for families reconnecting with the Church. Smile, be patient, and let God's love shine through our words and actions.

Create a Welcoming Space - Set up the room to support engagement—chairs for input, tables for activities, space for children. Encourage parents and children to sit together. Invite parish priest, past participants, or parishioners to greet and orient families. Play gentle music and offer refreshments.

Include a variety of activities in the workshop - avoid simply standing at the front and talking especially when interactive experiences can both deliver content and engage families in a much more dynamic way.

Encourage further engagement - At the end, share ways families can stay connected—Children's Liturgy, Family Mass, or other parish activities.

EUCCHARIST WORKSHOP OUTLINE ONE

TWO 1 HOUR WORKSHOPS

The outline below includes suggested input and activities to choose from. Adapt these according to your context. In some cases you may prefer to send some activities home for families to follow up later. All activities are hyperlinked for easy access.

WORKSHOP ONE

INTRODUCTION

- 5mins
- Welcome families and address any housekeeping.
 - Introduce the team and explain the structure for the workshop

INPUT

10 mins [Game](#)

Scissors, paper, rocks - links addition

Human bingo

10 mins [When I go to Mass](#)

Watch the [Flame of Faith Eucharist](#) video.

From the earliest times, the Church has celebrated the Eucharist, today we take part in this sacrament in a liturgy called The Mass.

Use the [Road to Emmaus and The Mass matching activity](#) to explore the four important parts of the celebration of the Mass and the ways Jesus is present.

10 mins [Exploring the Liturgy of the Word](#)

In the Mass, Jesus is present in the Word of God proclaimed in the scriptures.

Sharing family stories

- Listening to the Scriptures at Mass is like hearing stories from our family of faith. They warm our hearts and help us understand more—just as the disciples did with Jesus on the Road to Emmaus.
- Invite parents to share a family story with their child. (Favourite present or game, Favourite holiday, A lesson you still remember, What was in your lunchbox? Did you ever get pocket money—how did you earn it and spend it?)
- As they talk, notice signs of connection: smiles, laughter, hugs, questions.
- Debrief the experience
 - Feedback to the families what you noticed about their interaction (smiles, laughter, hugs, facial expressions, questions etc)
 - Ask: What did you discover about your family member? How did it feel to talk and listen? Did you ask more questions?



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- Recap: Like the disciples, when we hear Scripture at Mass, we listen to stories of our family of faith. In his homily, the priest helps us understand, and we can pray: Come, Holy Spirit to guide us even more.

10-15 mins Sharing scripture stories about the Eucharist

There are two options to choose from:

- Use the **Eucharist Bible Hunt** to explore scriptures about the Eucharist.
- Use the **Eucharist Scripture Code Breaker** to explore scriptures about the Eucharist.

10-15 mins Exploring the Liturgy of the Eucharist

In the Mass, Jesus is present in the Body and Blood broken and shared. This part of the Mass is structured around the Eucharistic prayer. A series of prayers with gestures and responses that culminates in the most important moment when the priest calls upon the Holy Spirit to change the bread and wine into the Body and Blood of Jesus Christ and he says the words that Jesus said at the Last Supper:

*Then he took a loaf of bread, and when he had given thanks,
he broke it and gave it to them, saying,
“This is my body, which is given for you. Do this in remembrance of me.”
And he did the same with the cup after supper, saying,
“This cup that is poured out for you is the new covenant in my blood.”
Luke 22:19-20*

Around the altar

There are 3 options within the document:

- **Around the altar Activity.**

10 mins Finish with Prayer

Here are a few options you might like to choose from:

- **Eyes to see** (3 min music video)
- One of the prayers from the **Prayers for Children and Families** cards such as the ‘Jesus’ prayer

Give any housekeeping notices or take home activities.

EUCCHARIST WORKSHOP OUTLINE ONE

TWO 1 HOUR WORKSHOPS

WORKSHOP TWO

INTRODUCTION

- 5mins
- Welcome families and address any housekeeping.
 - Introduce the team and explain the structure for the workshop

INPUT

5 mins Briefly recap the last workshop and any engagement families have had since then (e.g. family activities in the *my sacramental journey - Eucharist* book at home).

5-10 mins Passing on the faith
Play 'Pass it on'

10-15 mins Body of Christ activity

- Invite the parents to share a story or memory about someone who passed the faith on to them. Who was it? What did they do/say to share the message of Jesus?
- Invite the children to ask their parents 'Why do you want to pass this faith onto me'?
- With baptism we became part of God's family, with Confirmation we were empowered by the Holy Spirit to follow Jesus and do his work here on earth - with Eucharist we are profoundly connected to Christ Jesus and to one another as members of the Body of Christ - The Church
- Do the **Body of Christ Little People** activity to explore this and consider the children's unique contribution as children of God.

15-20 mins Living tabernacles

In the last session, we talked about what happens when we go to mass. There is such a close connection between the things we read about in the bible and the things we see, hear and experience in the sacraments, including the Mass - listen carefully, some of the words come straight from the bible!

This reminds us that, through the sacraments, Jesus does for us all the things that he did for the people we read about in the Gospels!

Do the **Living Tabernacles** activity with the children.

10 mins Finish with Prayer

Here are a few options you might like to choose from:

- **Adoration for kids** prayer experience
- **Eyes to see** (3 min music video)
- One of the prayers from the **Prayers for Children and Families** cards such as the 'Jesus' prayer

Give any housekeeping notices or take home activities.