

Becoming Eucharist

Mealtime Table Talk for Families

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January 1, 2021 Solemnity of Mary, Mother of God Luke 2:16-21	January 3, 2021 The Epiphany of the Lord Matthew 2:1-12	January 10, 2021 The Baptism of the Lord Mark 1:7-11	January 17, 2021 Second Sunday in Ordinary Time John 1:35-42	January 24, 2021 Third Sunday in Ordinary Time Mark 1:14-20	January 31, 2021 Fourth Sunday in Ordinary Time Mark 1:21-28
Who have you told about Jesus's coming into the world at Christmas?	The star guided the magi to Jesus. Who or what has guided you to Jesus?	Parents, tell the story of your children's baptisms.	As soon as Andrew heard who Jesus was, he followed him. Is it that easy for you to be a follower of Jesus?	What did those who chose to follow Jesus have to give up to follow him?	Jesus frees the man from the unclean spirit. What do you want Jesus to help you overcome?
What do you think Mary was "reflecting on in her heart?"	Who helps you to see Jesus in the others around you?	What do you think it was like to be John the Baptist?	What makes it difficult to be a follower of Jesus? How can you overcome these difficulties?	Have you had to give up anything to be a follower of Jesus? If so, what?	What are some things you want Jesus to free the world from?
		How would you have felt if you saw what happened after you baptized Jesus?	What are the good things about being a follower of Jesus?	Jesus called his disciples. What do you think Jesus is calling you to do?	

Read and Reflect on Sunday's Gospel
Sunday's gospel and reflection questions can be found on the other side.

Family Action Step

Choose an action for your family this week that brings Christ to others.

Prayer after Meals

We give you thanks
for all your gifts,
almighty God,
living and reigning
now and for ever.
Amen.

Bring this table tent to your dinner table with your family once a week to discuss Sunday's Gospel and how you can be the Body of Christ in the world.

Prayer before meals

Bless us, O Lord,
and these thy gifts which
we are about to receive from thy
bounty,
through Christ, Our Lord.
Amen.

Eat the meal together. Have each family member respond to the following questions:
Where have I given kindness today?
Where have I received kindness today?