

Becoming Eucharist

Mealtime Table Talk for Families

Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people.

-Acts of the Apostles 2:46-47a

June 6, 2021
Solemnity of the Most Holy Body and Blood of Christ
Mark 14:12-16, 22-26

What do we do to remember the Last Supper?

Jesus had the disciples prepare for the Last Supper. How do you prepare to receive the Eucharist?

Why is the Eucharist important to us?

June 13, 2021
Eleventh Sunday in Ordinary Time:
Mark 4:26-34

Jesus compares the Kingdom of God to a mustard seed. What other things do you know of that start out small and grow and get bigger?

Why do you think Jesus uses this image?

June 20, 2021
Twelfth Sunday in Ordinary Time
Mark 4:35-41

Are there things in life of which you are afraid? Name one or two.

Who helps to calm your fears when you face them?

What fears would you like Jesus to help you calm? Ask him for help.

June 27, 2021
Thirteenth Sunday in Ordinary Time
Mark 5:21-43

Who helps you to feel better when you are sick?

What do you do for others when they are sick?

What do you learn about Jesus in this Gospel?

In what ways can Jesus help to heal you?

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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?