

FIRST EUCHARIST RETREAT

OPENING PRAYER (LEADER'S COPY)

A Litany to the Holy Spirit

Leader:

Response:

Come, Holy Spirit, come.

Come, Holy Spirit, come.

Holy Spirit, fill our Hearts with your love.

Come, Holy Spirit, come.

Holy Spirit, help us to see Jesus in each person we meet.

Come, Holy Spirit, come.

Holy Spirit, send us your gift of kindness.

Come, Holy Spirit, come.

Holy Spirit, help us tell people the Good News about Jesus.

Come, Holy Spirit, come.

Holy Spirit, grant us peace.

Come, Holy Spirit, come.

Holy Spirit, fill us with joy.

Come, Holy Spirit, come.

Leader:

Let us pray. May the Spirit of love, kindness, peace and joy give us the grace we need to be faithful disciples of Jesus Christ.

We continue our prayer with a time of meditation. In the tradition of the monks (Benedictine – motto is “ora et labora” – prayer and work), we are going to pray in silence the prayer – MARANATHA – this word means “Come, Lord Jesus”.

Sit up. Sit still with your back straight. Close your eyes lightly. Silently to yourself, begin to recite the word "Maranatha" praying to God quietly that Jesus will come to your heart. Say the word – Ma-ra-na-tha - as four equal syllables. Breathe normally and give your full attention to the word as you say it, silently, gently, faithfully and above all - simply.

Silence means letting go of thoughts. Stillness means letting go of desire. Be still and know God.

Let us give the gift of silent prayer to each other as we pray this time of silent meditation.

Conclusion – Leader prays: God, our Father, we thank you for being with us during this time of retreat. We offer this prayer through our Lord, Jesus Christ. Amen.

FIRST EUCHARIST RETREAT

OPENING PRAYER (CHILDREN'S COPY)



A Litany to the Holy Spirit

Leader:

Come, Holy Spirit, come.

Holy Spirit, fill our Hearts with your love.

Holy Spirit, help us to see Jesus in each person we meet.

Holy Spirit, send us your gift of kindness.

Holy Spirit, help us tell people the Good News about Jesus.

Holy Spirit, grant us peace.

Holy Spirit, fill us with joy.

Leader:

Let us pray. May the Spirit of love, kindness, peace and joy give us the grace we need to be faithful disciples of Jesus Christ.

Response:

Come, Holy Spirit, come.

Come, Holy Spirit, come.

Come, Holy Spirit, come.

Come, Holy Spirit, come.

Come, Holy Spirit, come.

Come, Holy Spirit, come.

Come, Holy Spirit, come.

Silent Meditation:

MARANATHA – this word means “Come, Lord Jesus”.



Conclusion – Leader prays: God, our Father, we thank you for being with us during this time of retreat. We offer this prayer through our Lord, Jesus Christ. Amen.

ACTIVITY #1: The Last Supper

Celebration Bread Recipe

1 cup whole wheat flour
1/4 cup honey
1 egg
1/2 tsp salt
2 tbsp. brown sugar
1/2 tsp baking soda
2 tbsp. oil

Add enough water to moisten ingredients to make a dough consistency. Shape into round loaf, and press down onto greased pie plate or make mini loaves. Make a 'cross' on the top of the bread.

Bake at 350° for 15 minutes.



"Wine"

Take a few grapes (about 10) in a zip lock bag and crush them with your fingers. Strain the crushed grapes and add the juice to the commercial grape juice.

ACTIVITY #2: Jesus teaches us to pray

INSTRUCTIONS FOR RETREAT LEADERS

- Read the story from the child's book, *Remember and Celebrate Eucharist*, page 72.
- Activity is in the child's book, *Remember and Celebrate Eucharist*, page 79.
- Use the prayer folders for this activity.
- Make a prayer folder for each child.
- Use an 11 x 17 inch piece of paper for each child. Fold it in half to make a prayer folder,
- The next three pages provide you with the cover, inner left page and right hand page. The back of the folder is left empty.



FIRST EUCHARIST RETREAT

PRAYER FOLDER



PRAYER: Act of Love

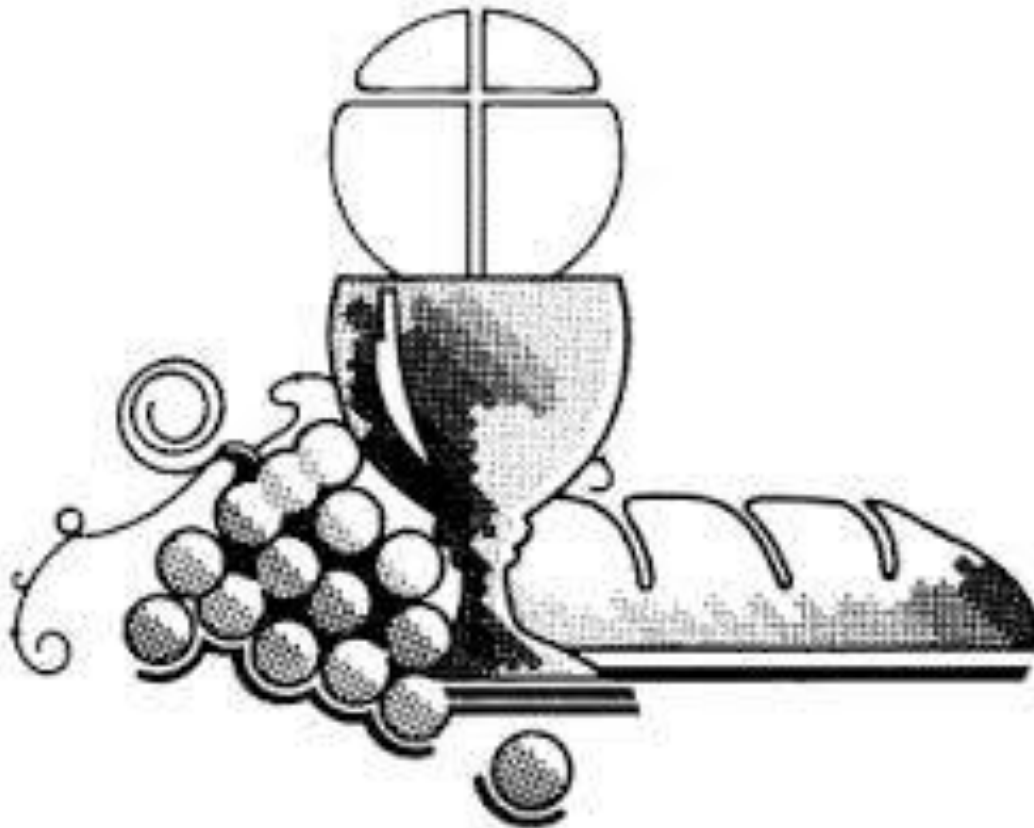
My dear Jesus, I love you with all my heart
and above all things,
I long to be with you. Amen.

CHILD'S NAME: _____



PRAYER: Act of Hope

My dear Jesus, I hope that when I receive you
in Holy Communion,
You will increase your Grace in me. Amen.



MY PRAYER

FIRST EUCHARIST RETREAT CLOSING PRAYER

WE PRAY TO THE RISEN JESUS

Leader: Jesus, we believe that you died on the cross and were raised from the dead.

All: Jesus, you are alive and with us.

Reader 1: Jesus, we believe that we meet you in the people around us.

All: Jesus, you are alive and with us.

Reader 2: Jesus, we believe that we meet you in the Scriptures at Mass.

All: Jesus, you are alive and with us.

Reader 3: Jesus, we believe that we will meet you when we receive the Eucharist.

All: Jesus, you are alive and with us.

Leader: Risen Jesus, the disciples on the road to Emmaus recognized you in the breaking of the bread. Help us to see you in the people we meet, in the Scriptures we hear, and in the Eucharist we receive.

All: We ask this in the name of the Father and of the Son, and of the Holy Spirit. Amen.



FIRST EUCHARIST PROGRAM PRAYERS

PRAYER: Act of Faith

My dear Jesus, I firmly believe that your
body and blood are truly present in Holy Communion,
which I am going to receive,
because you told me so.

PRAYER: A Prayer of Faith

Bartimaeus believed in you with all his heart,
and you helped him to see.
Help us to believe in you
and your teachings with all our hearts.
Help us not to be shy in showing our faith to others.
Help us change our lives by becoming more loving.
Our faith leads us to pray, in the name of the Father,
and of the Son, and of the Holy Spirit. Amen.

PRAYER: Act of Love

My dear Jesus, I love you with all my heart
and above all things, I long to be with you.

PRAYER: Act of Hope

My dear Jesus, I hope that when I receive you
in Holy Communion, you will
increase your Grace in me.