

# Sunday Connection: Eucharist

## Bulletin Inserts, General Intercessions, and Parish Blessings

Use these as a way to involve the parish assembly in the sacramental preparation.

### Session 1 We Belong

**Bulletin Insert** During the week, our young people who are preparing to receive Holy Communion will be reflecting about Baptism, Confirmation, and the Eucharist. Join them by taking time to think about the effect that belonging to the Church has on your daily life.

**Intercession** For young people preparing for Holy Communion, that they may be encouraged by the living faith of this assembly.

**Parish Blessing** God, our loving Father, these young people come before you as your children. They belong to you. Send the Holy Spirit upon them as they begin this time of preparation so that they may come to know your presence in all they do. We ask this blessing through Christ our Lord.

### Session 2 We Gather

**Bulletin Insert** During the week, our young people who are preparing to receive Holy Communion will be reflecting about how we, as the People of God and the Body of Christ, gather on Sundays to give praise and thanks. Join them by reflecting on the words of the *Gloria* and the reasons you have to praise and thank God.

**Intercession** For young people preparing for Holy Communion, that they may be aware of God's glory and blessings.

**Parish Blessing** God, our loving Father, these young people gather with us, your people, to give you glory. Send the Holy Spirit upon them to help them recognize you in all the ways you show yourself to them and to help them continually give you thanks and praise. We ask this blessing through Christ our Lord.

### Session 3 We Are Forgiven

**Bulletin Insert** During the week, our young people who are preparing to receive Holy Communion will be reflecting about the Eucharist as a sacrament of unity and forgiveness. Join them by reflecting on the words of the *Confiteor* and how you have experienced God's mercy and forgiveness.

**Intercession** For young people preparing for Holy Communion, that they may experience God's mercy and forgiveness.

**Parish Blessing** God, our loving Father, these young people come before you seeking the goodness of your mercy and forgiveness. Send the Holy Spirit upon them to help them know you as always kind and merciful. We ask this blessing through Christ our Lord.

### Session 4 We Listen

**Bulletin Insert** During the week, our young people who are preparing to receive Holy Communion will be reflecting about listening to God's word and reverencing the Scriptures. Join them by reflecting on this week's Sunday readings and asking the question: "What are these readings calling me to do?"

**Intercession** For young people preparing for Holy Communion, that they may be open to the presence of God as they listen to the Scriptures.

**Parish Blessing** God, our loving Father, these young people come before you to listen and be fed by your word. Send the Holy Spirit upon them so that they may hear your word and be empowered to live by it. We ask this blessing through Christ our Lord.

## Session 5 We Prepare

**Bulletin Insert** During the week, our young people who are preparing to receive Holy Communion will be reflecting about the gift of Jesus' sacrifice on the Cross and the Mass as a sacrifice. Join them by reflecting on what gifts of sacrifice and service you bring to the altar each Sunday.

**Intercession** For young people preparing for Holy Communion, that they may come to know the Cross as a symbol of love, life, and giving.

**Parish Blessing** God, our loving Father, these young people come before you knowing the great love you showed by sending your Son who gave his life so that we might live as your children. Send the Holy Spirit upon them to show them how they can give their lives in love and service to others. We ask this blessing through Christ our Lord.

## Session 6 We Remember and Give Thanks

**Bulletin Insert** During the week, our young people who are preparing to receive Holy Communion will be reflecting about the Eucharistic Prayer being one of remembering and giving thanks. Join them by reflecting on what it means for you to say "Amen" or "yes" to all God's actions and promises.

**Intercession** For young people preparing for Holy Communion, that they will continue to remember God's constant love and give thanks for the greatest gift, Jesus, the Son of God.

**Parish Blessing** God, our loving Father, these young people come before you knowing that Jesus is always with us. Send the Holy Spirit upon them so they will come to know Jesus more fully and share his love with others. We ask this blessing through Christ our Lord.

## Session 7 We Share a Meal

**Bulletin Insert** During the week, our young people who are preparing to receive Holy Communion will be reflecting about the Eucharist as a meal where we are nourished by the Body and Blood of Jesus. Join them by reflecting on your experience of the presence of Jesus in the Eucharist.

**Intercession** For young people preparing for Holy Communion, that as they come to the table to be nourished by the presence of Jesus, they will also find him in us as a community.

**Parish Blessing** God, our loving Father, these young people come before you ready to come to the table and share the meal of Jesus, the Bread of Life. Send the Holy Spirit upon them that they may be transformed as they partake in the Lord's Supper. We ask this blessing through Christ our Lord.

## Session 8 We Go Forth

**Bulletin Insert** During the week, our young people who are preparing to receive Holy Communion will be reflecting about how the Eucharist changes us and the Holy Spirit helps us live out our mission. Join them by reflecting on your experience of living out the mission of your Baptism.

**Intercession** For young people preparing for Holy Communion, that they may be strengthened to go forth and live as disciples.

**Parish Blessing** God, our loving Father, these young people come before you ready to do your will. Send the Holy Spirit upon them that they may be a sign and witness to all they meet of your presence in the world. We ask this blessing through Christ our Lord.