

## *My Family Meal*

“The table is central to Catholic rituals. It is at the altar that the great meal, Eucharist, occurs. As we pass on the faith to our children, it is paramount that they understand the sacred nature of that table and every table in their lives. The kitchen table, the dining room table and even the coffee table have a presence all their own in our homes. It is at table that



we nourish both our bodies and our souls. Sitting together sharing a hearty winter meal is the perfect place to share the matters of the spirit. As we look at the Scriptures we see, again and again, that Jesus did his best work at mealtimes. In fact, it was when he broke bread and blessed it that the Emmaus couple finally recognized him. That tells us that it was a familiar sight and that Jesus put great stock in table time. So, too, should we put emphasis on the ritual and manner of the way we celebrate life and growth at all our tables, sacred and secular. Tables have a holiness all their own.” ( American Catholic)

Your task for this project is to help your child plan, shop for, prepare, serve, and enjoy a meal for your family. Please document the process with photos. Choose 5 photos that best represent your child’s experience and email them to me no later than Friday, April 16. We will be creating a slide show with these pictures to present to the parish community.

\* If you are interested in suggested questions for family mealtime conversations, check out : [HowDoesShe.com](http://HowDoesShe.com) You will find 168 Family Dinner Questions that are free to download.

## *1st Eucharist Banner*

*Please work with your child to create the banner that will mark your family's seating in Church at the celebration of 1st Eucharist in May. Use the blue felt provided in the banner kit to create the banner in portrait orientation. Do not hem the banner, it will be pinned onto your child's seat.*

*You may use the shape patterns and other colored felt in the kit or supply your own materials, remembering to use only symbols connected with our Catholic faith tradition. Make sure that your child's name is on the front of the banner, and that the banner is created in Portrait orientation, as seen below.*

*Completed banners are to be handed in at the Retreat on April 24.*

