



the Eucharist and global hunger

A REFLECTION FOR FIRST COMMUNICANTS AND THEIR FAMILIES

■ Read: Luke 22:14-19

The Last Supper was a meal Jesus shared with his closest followers, or disciples, before he was sentenced to death. Jesus and his disciples were Jewish, and the meal they shared was during Passover, a special religious holiday for the Jewish people. Their meal would have included unleavened bread—bread made without any yeast—and lamb.



Photo by Jennifer Hardy/CRS

DISCUSS: WHAT IS A MEAL THAT YOUR FAMILY LIKES TO EAT FOR DINNER?

Here are some foods that people from around the world like to eat. Match the photos of each food with the countries where they are commonly eaten.

			
1	2	3	4
“Yucca Elephantipes” flowers	Coconut	Potatoes	“Injera,” or flatbread
<input type="checkbox"/> THE PHILIPPINES	<input type="checkbox"/> ETHIOPIA	<input type="checkbox"/> GUATEMALA	<input type="checkbox"/> AFGHANISTAN

The Eucharist is a kind of special meal in which we give thanks to God for all of creation. The word “Eucharist” means “thanksgiving” (Catechism of the Catholic Church, no. 1243). Before your family eats a meal together, you might say a prayer of thanksgiving for the food you are about to share. In a similar way, we gather around the altar—a different kind of family table—during the Eucharistic celebration, and pray in thanksgiving for all God has made. The priest speaks Jesus’ words at the Last Supper, breaks bread and shares it with us. At the end of Mass, transformed by the Eucharist and in a spirit of thanksgiving for all God has created, we go out to share what we have with people who do not have enough.

DISCUSS: HOW CAN YOUR FAMILY HELP SHARE FOOD WITH THE HUNGRY?

Pray the “Our Father” together, and as you say “Give us this day our daily bread,” pray in a special way for all those who are hungry and do not have enough bread to eat.

Catholic Relief Services eases suffering and provides assistance to people in need, including those who do not have enough to eat. As a Catholic in the United States, this exciting work is done in your name. To learn more and get involved, visit crs.org.



Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. We ease suffering and provide assistance to people in need in more than 100 countries, without regard to race, religion or nationality.

This resource is meant to help children and their families reflect on one aspect of the Eucharist, and is intended to supplement a comprehensive first Eucharist sacramental preparation program.

Answers: 2, 4, 1, 3