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## *Lesson 1: Our Story - Gathered as a Family*

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**OVERVIEW:** In this lesson we will focus on our own family traditions and how these are similar to the traditions to the Family of God.

**IN THIS LESSON WE WILL:**

- Talk about our own family traditions
- Learn that the Church is also a family
- Learn that the Church has traditions it celebrates each week
- Learn that our family traditions help us understand the Church's Liturgy

**INTRODUCTION FOR PARENTS:** This lesson focuses mainly on a conversation between you and your child about your own family traditions and how you and your family celebrate special occasions.

**ACTIVITY:** To begin this lesson, ask your child what is their favorite family celebration that includes food. If they are struggling to answer the question, suggest they think of a birthday, holiday or special event.

As they answer, discuss with them the following parts of the celebration:

What are you celebrating?

Who is present?

What happens/what do you do when everyone is together?

What is the best part of this celebration?

Discuss with them this event from the beginning to end, in order. As you are talking, ask them if there are any special things that always happen (i.e., an Aunt's favorite cake, the story that Grandma tells every Christmas, a Special Birthday Plate, etc).

If there are any pictures or video from these family celebrations, this is a great opportunity to pull them out and share these memories together.

Once you have outlined the celebration, ask if this sounds like a gathering that we do as Catholics? If they need some help, ask if any part of the family gathering looks like what happens when you go to Church?

**LESSON 1 VIDEO:** Watch the “A Story about the Holidays” found in the Video Library > Lesson Videos > Lesson One. After watching this video together, are there things that you remembered about your own family celebration that you had not discussed before?

**IN YOUR OWN WORDS (share the following with your child):** Our Church celebrations have a lot of similarities to our family celebrations.

*The Family celebration:*

1. Everyone gathers at a family member’s
2. We welcome each other
3. We share family stories
  
4. We share a meal
5. We say goodbye and look forward to meeting again

*The Church celebration:*

The Community gathers at Church  
The Community welcomes each other  
The community hears stories from the Bible  
The Community shares a meal  
The community departs with prayer and looks forward to gathering again

**VOCABULARY VIDEO:** As you and your child prepare for their First Communion, there lots of new signs that you may need to know. Take a few minutes to watch the vocabulary videos with your child. The videos for this lesson are on the website in the Video Library > Glossary of Terms. The vocabulary terms for this lesson are:

- Jesus
- God
- Holy Spirit
- Church
- Sacrament
- Celebration
- Eucharist
- Liturgy
  
- To Gather
- Catholic
- Scripture
- Community
- Bible
- Prayer
- Stories
- Mass

**IN YOUR OWN WORDS (share the following with your child):** We talked today about how our family celebrations are special. We as members of the Church gather to

celebrate too! Our Church family shares stories, a meal and looks forward to gathering again. As part of the Church we are able to celebrate weekly with the same excitement as we do at special family celebrations. In our next lesson we will look more closely at how the Church family celebrates.