

# SESSION PLAN

## CONFIRMATION PROGRAMME

### 5 We Celebrate

#### The Eucharist, Liturgy and the Sacraments

#### AIMS

1. To recognise the importance of Celebration as an integral part of Christian Life.
2. To reflect on the celebration of the Eucharist/Holy Mass/as our main celebration and other special days and seasons during the Church's Liturgical year.
3. To be able to identify and understand the meaning and importance of the seven sacraments.

#### PRAYER

- Welcome candidates to this session
- Briefly talk about the main theme for this session: **Celebrate**
- Read the opening prayer and encourage candidates to reflect on Gathering and celebrating.

#### KEY WORDS

- Celebrate
- Eucharist/Holy Mass
- Liturgy
- Feastdays
- Sacraments

#### RESOURCES

- Worksheet 5
- Prayer Sheet 5
- Various items used in the celebration of sacraments and other special days

#### NOTES

You may also make use of the Powerpoint presentation 'The Liturgical Year' during this session - available on CD or online on [www.sdc.me.uk/resources](http://www.sdc.me.uk/resources)

#### MAIN SESSION

- As a follow up from the initial prayer ask candidates about what they already know about Christian celebrations - the main theme for this session. What do we celebrate in our Christian Faith?
- Explain that our main celebration is the Holy Mass or **Eucharist**. Go through the main parts of the Mass and invite candidates to talk about different parts of the Mass and their meaning e.g. penitential rite; readings; homily; offertory; communion etc. Refer to the caption from the Catechism of the Catholic Church (see Prayer sheet 5) - especially the last phrase 'it remains the centre of the Church's life'.
- Move on to Part B. Explain that during the Church's **Liturgical year** there are many special days or seasons (from the 1st Sunday of Advent through to Christ the King). Each of these has a special meaning and as Christians we celebrate them every year - hence the importance of knowing what each feast or season represents.
- Go through the list in Part B. Invite candidates to write brief notes and talk about each of the **Feasts** or **seasons** in the list.
- Introduce the Seven **Sacraments** - Part C. Explain that these are special celebrations that in different ways lead us closer to Jesus. Ask candidates to look at the symbols on worksheet and identify the seven sacraments. Display some items used in the celebration of these sacraments to facilitate the discussion: e.g. water; rings, chalice; etc.
- Invite them to talk about the purpose of each Sacrament and who it is intended for. Also explain that some are only celebrated once in our life (e.g. Baptism and Confirmation) while other we can receive regularly (e.g. Reconciliation and Holy Communion).
- Recap: Recall the different special days referred to in part B and the seven sacraments discussed earlier. Invite candidates to share with the group which one they like best and why.
- Go back to the Celebration of the Eucharist: reiterate that this is our most important celebration - hence the importance of understanding and enjoying this very important gathering. Invite candidates to reflect about how mass is celebrated in their parish or at school, then write comments and share their ideas about what they like best in this celebration.

#### CONCLUSION/REFLECTION

- Lead the young people into reflection. Explain how Psalms are often used to celebrate and give praise.
- Read through Psalm 66 (could be read by one candidate or more). Finish by inviting everyone to repeat the last line 'Blessed be God' a few times.