



Suggested Booklist & Resources for Families

What Happens at Mass - Jeremy Driscoll

This readable book is both a walk through the Eucharistic liturgy and a deep dive into the very event of our salvation

Mystery and Meaning of the Mass - Joseph Champlin

A book on the particulars of the Mass and the symbols surrounding it as well as its history and theology through an interesting narrative spiced with stories, analogies, and photos

Mystery of Faith: A Study of the Structural Elements of the Order of Mass -Lawrence J Johnson as published by FDLC

A classic - a practical guide to each part of the Mass, offering historical development, theological reflection, relevant documents and discussion questions

Liturgy: The Source and Summit of Our Christian Life - Corinna Laughlin

This short book is an introduction to the liturgy, exploring the fourfold presence of Christ in the celebration of the Eucharist, and fostering a truly liturgical spirituality - Includes questions for study and reflection

The Eucharist in Scripture - Clifford M. Yeary

This study guide from Little Rock Scripture Study leads individuals or groups on a study of meals in the Bible, culminating in the Last Supper

Mystagogy of the Eucharist - Gilbert Ostdiek, OFM

A book full of ideas for pastors, faith formation directors, RCIA leaders, and teachers who teach about the Eucharist to help people enter into the spirituality of each part of the Mass

Spiritual Meaning of the Liturgy - Goffredo Boselli

Offers an accessible and important guide for both scholars and interested lay people to understand the meaning that permeates the liturgy and its implications for daily living

God is Near Us: The Eucharist, the Heart of Life - Pope Benedict XVI

Shows us the biblical, historical, and theological dimensions of the Eucharist

Dies Domini, Mane Nobiscum Domine - St. John Paul II

Apostolic Letter from St. John Paul II to celebrate the year of the Eucharist 2004-2005

Sacramentum Caritatis - Pope Benedict XVI

Apostolic exhortation of Pope Benedict XVI to the bishops, clergy, consecrated persons and lay faithful on the Eucharist

Evangelii Gaudium - Pope Francis

Apostolic exhortation of Pope Francis to the bishops, clergy, consecrated persons to proclaim the Gospel on today's world

St. John the Baptist Staff Picks

Our One Great Act of Fidelity: Waiting for Christ in the Eucharist – Ron Rollheiser

A personal reflection on the history and meaning of the sacred tradition, with a look into other denominational traditions.



Online

[Six Strategies for Connecting to the Sunday Eucharist - Joyce Donahue](#)

This article promotes the participation to the weekend Mass as a norm for children participating in religious education

[The Mass* - USCCB](#)

A site that offers resources to deepen the knowledge and love for the Eucharist - includes various topics

[The Real Presence of Jesus Christ in the Sacrament of the Eucharist , Q&A - USCCB](#)

An article that provides basic Q&A about the real presence of Jesus in the sacrament of the Eucharist

[Understanding the Parts of the Mass - OSV](#)

An article from Our Sunday Visitor that provides catechesis over each part of the Mass

[Sacrament of the Eucharist - Franciscan Media](#)

Catechesis on the Sacrament of the Eucharist

[Presence* - FORMED](#)

Series of videos and study guides about the Sacrament of the Eucharist

[Word on Fire: The Gift of the Eucharist](#)

A podcast presented by Bishop Barron regarding the Gift of the Eucharist

[Elements of the Catholic Mass - Liturgical Institute](#)

An in-depth series of videos and study guides to deepen the knowledge of the Eucharist

[Eucharist: Sacred Meal, Sacrifice, Real Presence - Bishop Robert Barron](#)

A reflection for Holy Thursday on the Real Presence of Jesus

[The Origins & Structure of the Eucharist - Liturgical Institute - Mundelein](#)

Offers an in-depth training on various topics on the origin & structure of the Eucharist (\$97 registration fee required)

[Pints with Aquinas: The Holy Eucharist, with Bishop Barron](#)

A podcast presented by Matt Fradd, in which he interviews Bishop Barron on the importance of the Holy Eucharist in our lives



Family

[Weekly Mass Resources for Kids](#)

The Catholic Icing website has resources for kids to live the weekly Mass at home - great for catechists and parents

[Catholic IQ - The Lord's Supper](#)

Quiz to test the knowledge of the Eucharist for those who want self-assessment

[Sacraments 101: Eucharist](#)

A video series with Fr. Steven Bell, CSP, who answers basic questions about what Catholics believe about the Eucharist and receiving Communion

[A Child's Book to the Mass - Liturgy Press Publications](#)

Guides young children through each moment of the liturgy, helping them to identify the various elements of our liturgical celebration

[Four Ways to Help Prepare Your Child for Communion - BeliefNet](#)

Suggestions for catechists preparing children for First Holy Communion

[Adaptive First Eucharist Preparation Kit - Loyola Press](#)

A resource for sacramental preparation for children with developmental disabilities

Spanish

[Carta Pastoral del Obispo: "La Obra de Redención"](#)

Carta pastoral del Arzobispo en Español con formato correcto

[Carta Apostólica del Papa Juan Pablo II: "Mane nobiscum Domine."](#)

Documento Apostólico de San Juan Pablo II sobre la Eucaristía

[Carta Encíclica del Papa Juan Pablo II: "Ecclesia de Eucharistia"](#)

Carta Pastoral de San Juan Pablo II para el Año Eucarístico 2005

[Sacrosanctum Concilium \(1963\) sobre la Liturgia](#)

Documento del Concilio Vaticano II sobre la Liturgia

[Catecismo de la Iglesia Católica en aquellas partes sencillas y profundas quededica a la Misa](#)

Enlace para estudiar las partes del CIC sobre la Liturgia

[La Liturgia: Fuente y Culmen de nuestra vida Cristiana](#)

Libro fácil de leer para los ministros que participan en la liturgia

[El Misterio de Fe](#)

Un recurso ideal para los comités litúrgicos parroquiales, para la catequesis acerca de la Misa, y por supuesto, para su uso en el proceso de la Iniciación Cristiana

[La misa explicada](#)

Curso en FORMED.org para conocer a fondo la Misa para participar de una manera más plena, consciente y activa en cada Eucaristía

[Presencia: El Misterio de la Eucaristía](#)

Serie de videos en Formed.org sobre la Presencia Real de Cristo en la Eucaristia. Material para la Preparación Sacramental

[Breve Historia de la Eucaristía](#)

Artículo sobre la Histroia de la Eucaristía

[La Eucaristía para Jóvenes. Video bilingüe](#)

Video animado y bilingue para la juventud actual para comprender los simbolos de la Eucaristia

[Partes de la Misa](#)

Este sitio ofrece recursos pedagógicos para la catequesis infantil

[Misa Explicada de forma sencilla](#)

Un artículo sencillo para conocerla, entender sus gestos y símbolos, y participar en ella con reverencia

[Partes de la Misa Explicada para Niños](#)

Video animado con música y animación para explicar las partes de la Misa a los niños

[Hermano Zeferino: La Misa](#)

Video que enseña de manera dinámica y animada para explicar los elementos de la Misa a los niños

<https://seattlearchmedia.weebly.com/eucaristia.html>

Página con más recursos para la Catequesis sobre la Eucaristia