

Feastbearers Group Activity

The Eucharist Blessing Chain

■ Goal

Help children reflect on how receiving Jesus in the Eucharist helps them be a blessing to others — and visibly express it as a group chain of love.

■ What You'll Need

- Paper strips (1" x 8") in light gold, white, or pastel colors
- Crayons or markers
- Glue sticks or tape
- Optional: Chalice or Eucharist poster

■ Step-by-Step Instructions

1. Opening Discussion (5–7 minutes) Ask: “When we receive Jesus in the Eucharist, He gives us His love. What can we do with that love?” Write answers like: help someone, forgive, smile, pray for someone, etc. 2. Write Their Eucharist Blessing Each child gets 3–5 paper strips. On each strip, they write or draw one way they will share Jesus' love. Examples: “I will help my mum.” “I will say sorry.” “I will pray for my friend.” 3. Create the Blessing Chain Link their paper strips into a chain as a group. Say: “Just like we are united in Jesus, this chain shows we are joined together to carry His love into the world.” 4. Display It Wrap the chain around a chalice or Eucharist image in your classroom, chapel space, or take-home board.

■ ■ Optional Extension

Invite children to take one link home and complete their Eucharist action that day.