

Chapter 8

Sunday

They came together to break bread and pray.

Acts 2:42

To the Parent:

In chapter 8 your child learned to:

- Describe Sunday as a holy day
- Recognize ways to keep Sunday holy
- Discover ways to join in the celebration of the Mass

Each Sunday, Catholics gather to praise and thank God at Mass. Sunday worship offers “timeout” from the hectic pace of everyday life. It is an opportunity to spend time with the family and friends praying together as a faith community. Sunday is a day set aside from the rest of the week, designated by Christians as fulfillment of the Sabbath of solemn rest, holy to the Lord” (Exodus 20:11).

The third commandment presents a challenge for busy people with much to accomplish each week. It is important to slow down the pace and rest in God’s abundant love and to discover the peace that Sunday can bring.

With Your Child:

1. Make a sign that reminds everyone in the family that Sunday is a day to celebrate.
2. Next Sunday, get to the church a few minutes early. Greet the other people who are coming to Mass. Sit as close to the altar as you can. Try to remember everything you see and hear. As a family, talk about the Mass. Tell why it is good to go to Mass every Sunday.
3. Read about Blessed John XXIII on the Review and Explore page.