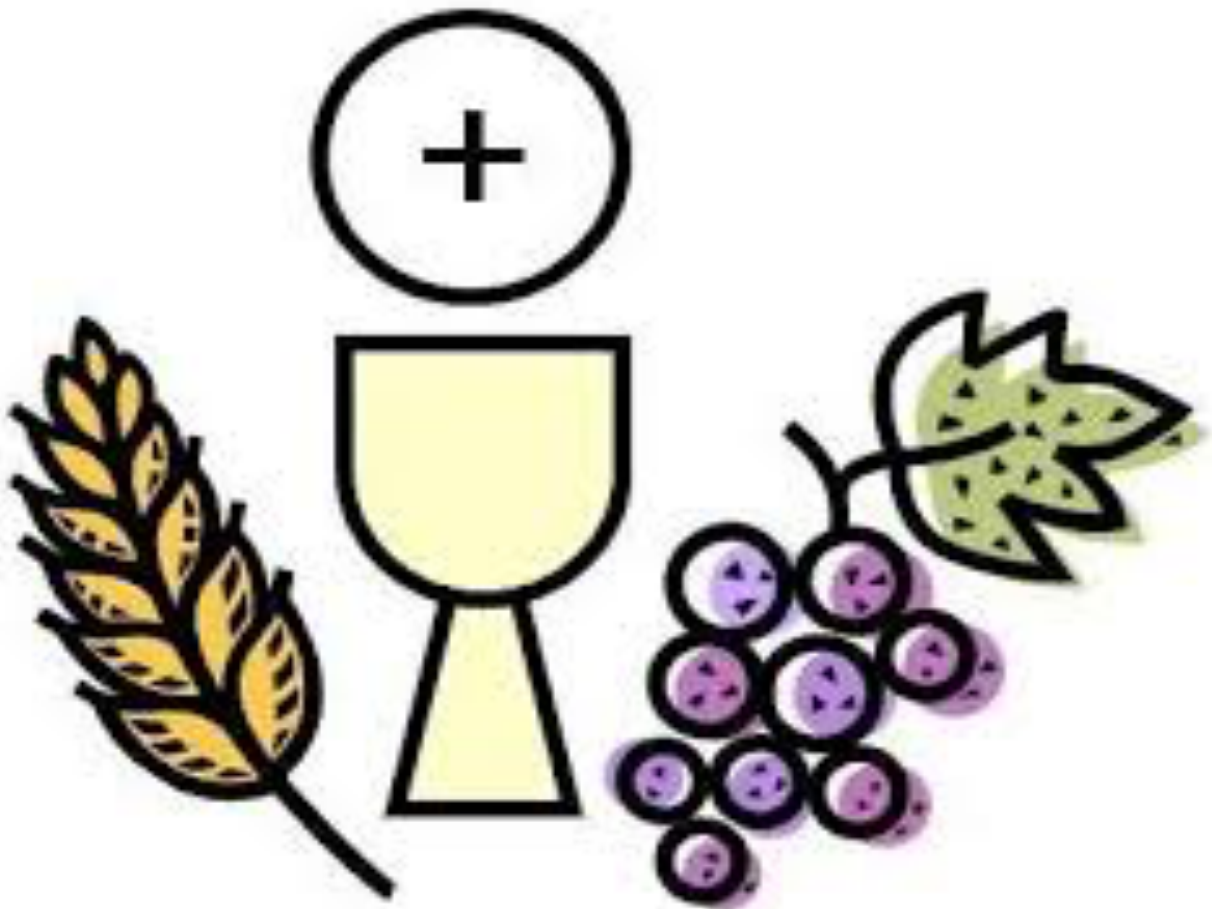


## Wheat and Grapes: A Family Exercise

*An exercise to prepare to participate in the Mass with attention, reverence and devotion*

### DIRECTIONS:

1. Consider the sufferings, sacrifices, hurts, disappointments, joys and accomplishments of the past week as the **grapes** that will become **wine** and eventually – through the words of Consecration – the **Blood of Christ**. Label each grape with something that you desire to offer to Jesus; to unite with Jesus's sacrifice of himself.
2. The kernels of **wheat** will become **bread** and eventually – through the words of Consecration – the **Body of Christ**. On the kernels of wheat label the ways that you need Jesus to feed you in the week ahead or ways that you desire to feed others in Jesus' name.



## Wheat and Grapes – A Family Exercise

An exercise to prepare to participate in the Mass  
with attention, reverence and devotion



Kernels of wheat will become bread and eventually, through the words of Consecration, ***the Body of Christ***. Label the kernels with ways that you need Jesus to feed you **in the week ahead** OR label ways that you desired to feed others in Jesus' name.

Consider the sufferings, sacrifices, hurts, joys, disappointments, and accomplishments of the past week as the grapes that will become wine and eventually, through the words of Consecration, ***the Blood of Christ***. Label each grape with something that you desire to offer to Jesus; to unite with his sacrifice.



## Wheat & Grapes

A Family Exercise to prepare for Mass participation that is marked by attention, reverence, and devotion

**Sr. Patricia M. McCormack, IHM, Ed.d.**

**GRAPES:** Consider the sufferings, sacrifices, hurts, disappointments, joys and accomplishments of the past week as the grapes that will become wine an eventually – through the words of Consecration – **the Blood of Christ**. Label each grape with something that you desire



**WHEAT:** Kernels of wheat will become bread and eventually – through the words of Consecration – **the Body of Christ**. Label each kernel (or shaft of wheat) with ways that you need Jesus to feed you in the week ahead . . . OR . . . ways that you desire to feed others in Jesus' name.