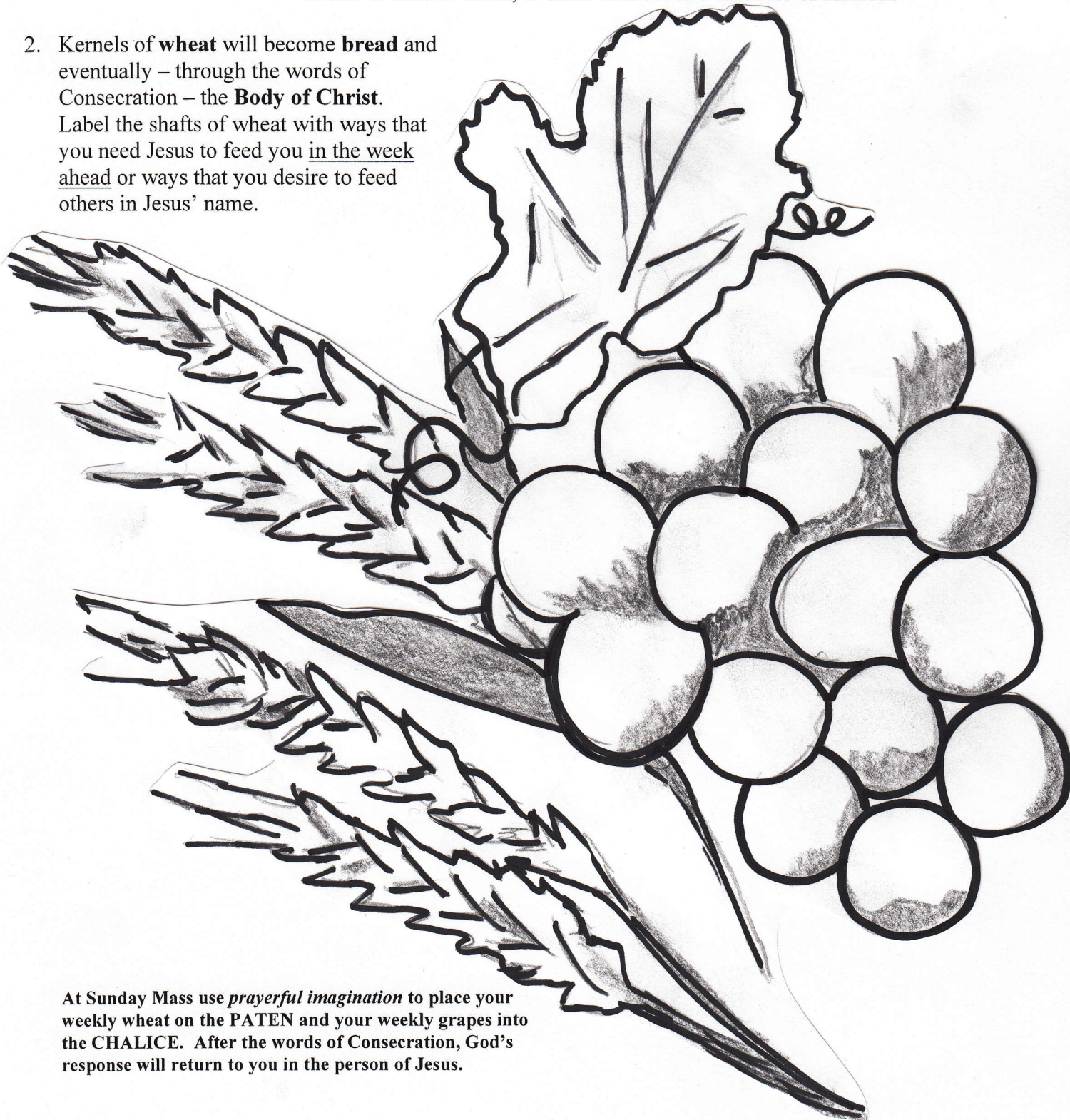


Wheat and Grapes: A Preparatory Exercise

(to prepare for Mass participation that is marked by attention, reverence and devotion)

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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. Kernels of **wheat** will become **bread** and eventually – through the words of Consecration – the **Body of Christ**. Label the shafts 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.



At Sunday Mass use *prayerful imagination* to place your weekly wheat on the PATEN and your weekly grapes into the CHALICE. After the words of Consecration, God's response will return to you in the person of Jesus.