

# Life in the Eucharist

A Programme for  
Children (*ages 7 - 9*) & their Parents



St. James' Anglican Church  
Lent 2010

Your family is considering participation in the *Life in the Eucharist* programme this year at St. James'. That's great! This is an opportunity for you and your child to learn more about our faith, the Eucharist, and our Christian community. It is a chance to have fun and to meet new people.

Welcome!



This year LITE is taking place during the Church season of Lent. "Lent" means "spring", and in the northern hemisphere spring is a time of new growth, new possibilities. The Lenten season has traditionally been observed by Christians as a time of spiritual new growth and possibility, as we prepare for Jesus' Resurrection at Easter.

## Life in the Eucharist 2010

### Sunday, January 24<sup>th</sup>

A brief information session for parents following the 10:30 service. There is no obligation to participate further. This is a time to get information and to ask questions.

### Sunday, February 21<sup>st</sup> 1<sup>st</sup> Sunday of Lent

At the 10:30 service: a commissioning of parents, children, *LITE* leaders & companions.

From 1:30 pm – 3:00 pm

First session ~ *Who Am I?*

We work through chapter one – *We Gather to Celebrate the Lord's Meal* – in the parent and child book before this session.

### Sunday, February 28<sup>th</sup> 2<sup>nd</sup> Sunday of Lent

From 1:30 pm – 3:00 pm

Second session ~ *Who Is Jesus?*

We work through chapters two to four – *We Read the Word of God, We Share the Word of God, God Gives Us the Gift of Life* – in the parent and child book before this session.



**Sunday, March 21<sup>st</sup> 5<sup>th</sup> Sunday of Lent**

From 1:30 pm – 3:00 pm

Third Session ~ *We Meet Jesus in the Eucharist*

We work through chapters five and six – *We Share the Bread of Life, We Live in Communion With Jesus* – in the parent child book before this session.

**Sunday, April 11<sup>th</sup> 2<sup>nd</sup> Sunday of Easter**

At the 10:30 service

Celebrating New Life in Jesus Christ!

Also a time to celebrate your participation in the *Life in the Eucharist* programme, with a potluck lunch following the service.



To sign up for the Information session on January 24<sup>th</sup>, or if you or your child has a question and you're not sure of an answer, please contact the Rev'd Lynn Mitchell @ 271 - 3572 ex. 207 [lynnmitchell@cyg.net](mailto:lynnmitchell@cyg.net)