

FAMILY RESOURCES

COMMUNION CUPS

THE GOSPEL READING FOR THIS WEEK IS: Body and blood of Christ (John 6: 51-58)

Core extract from the Gospel (John 6: 53-56; for reflection throughout the week)

So Jesus said to them,
'Very truly, I tell you,
unless you eat the flesh of the Son of Man and drink his blood,
you have no life in you.
Those who eat my flesh and drink my blood have eternal life,
and I will raise them up on the last day;
for my flesh is true food and my blood is true drink.
Those who eat my flesh and drink my blood abide in me,
and I in them.'

Gospel prayer (for use throughout the week)

Lord Jesus Christ,
you teach your people
to share your bread
and to drink your cup.
Come and stand among us
when the bread is broken
and when the wine is poured,
that we may know your presence;
for you are the Bread of Life.
Amen.

Education Team | Liverpool Cathedral, St James' Road, Liverpool L1 7BY | **0151 702 7210**
education@liverpoolcathedral.org.uk | **www.liverpoolcathedral.org.uk**

Things to think about

- How do you feel when you take part in a communion service?
- Do you have a favourite cup or mug? Why do you like it so much?
- Do you think Jesus would have used a very ornate chalice or a plain one during the last supper?

Things to do

- Can you find cups made from different materials?
- Have a look at different shaped cups and glasses. Do any of them look like a chalice?
- Make your own chalice.

You will need: a glass, aluminium foil, gems or beads



Wrap your chosen glass in the foil, smoothing it out over the glass.



Decorate with gems or beads.

Write a prayer to say whenever you use the cup and remember what happened at the last supper.

Challenges for older children:

Why not make a cardboard chalice and then cover with foil or metallic paint?

Try making a cup from clay or playdough.

Why not share your creations with us? We would love to see what you have been up to! Please email any photos to education@liverpoolcathedral.org.uk or tag @LivCathedral on social media.

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