



# DRAGON SLAYERS

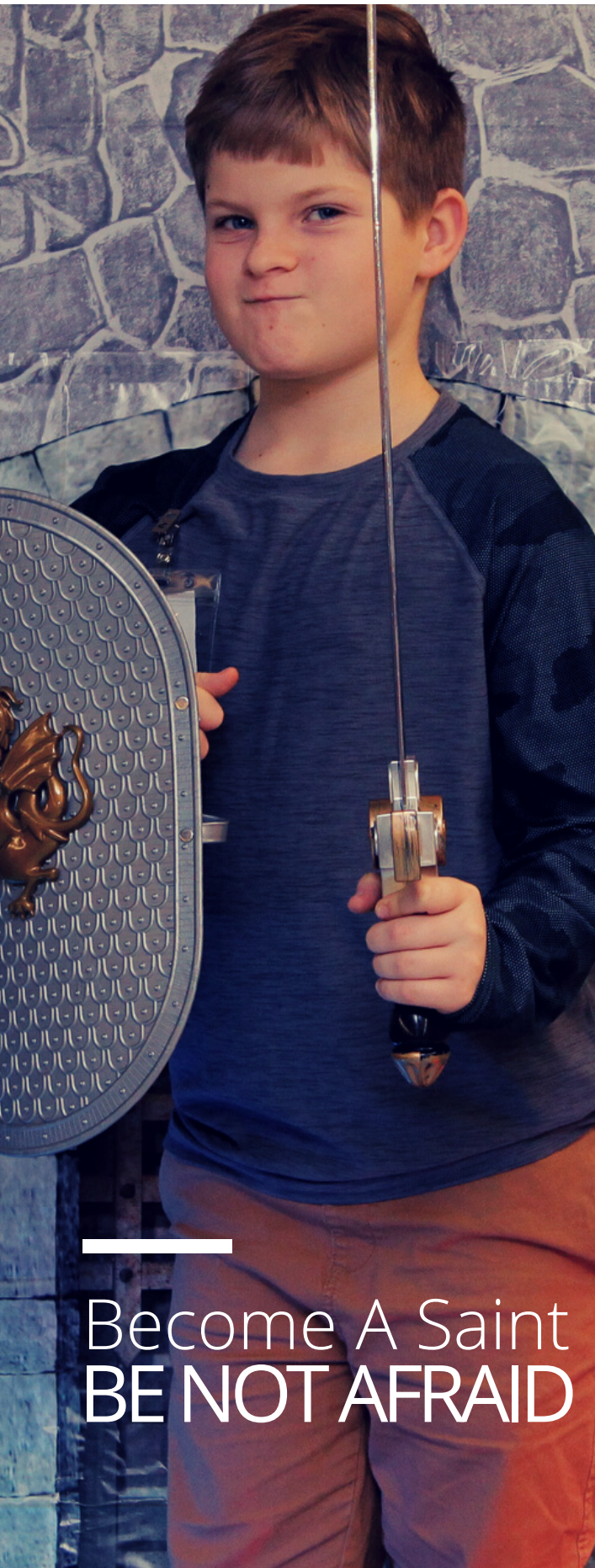
*Ever Ancient. Ever New.*

## EXTRAORDINARY MISSION

SACRAMENTAL RETREAT FOR FIRST HOLY COMMUNION & RECONCILIATION

LEADERS GUIDE





Become A Saint  
**BE NOT AFRAID**

## THANKS FOR BEING PART OF OUR DRAGON SLAYERS FAMILY!

---

Thank you so much for your desire to help raise the next generation of Dragon Slayers!!! We are so excited to have you with us as we prepare for your retreat. The following pages will let you know what to do before, during, and after your retreat so you and your parish families can have the best experience possible.

Please do not hesitate to contact us at any time with questions, concerns, comments, or to just say hi! We are here to help and look forward to working with you as we draw closer to the event.

Sincerely,  
The Extraordinary Mission Team

---

*Please note that all downloads, videos, and links can be found on our FAQ page:*

**[extraordinarymission.com/dragonslayerfaq](https://extraordinarymission.com/dragonslayerfaq)**

# TABLE OF CONTENTS

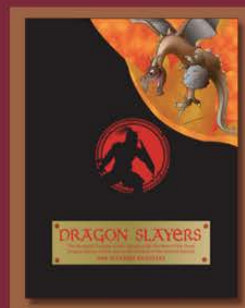
<b>1</b>	Introduction
<b>2</b>	Table of Contents
<b>3</b>	Before the Retreat Checklist
<b>4</b>	Student Roster & Parent Emails Example
<b>5</b>	Parent Letter Example
<b>6</b>	The Retreat Day Instructions
<b>7</b>	After the Retreat Ideas & Instructions
<b>8</b>	Anonymous End-Of-The-Year Parent Survey
<b>9</b>	Ideas for the Pastor
<b>10</b>	Parent Testimonials
<b>11</b>	Ministry Directory & Coupons
	Additional Resources
<b>15</b>	Overview
<b>16</b>	Dragon Slayers Armory
	Catechist Scripts for Breakout Sessions
<b>17</b>	Jesus is the Bread of Life
<b>22</b>	Light of the World
<b>23</b>	The Prodigal Son
<b>24</b>	The Examination of Conscience

*DRAGON SLAYERS WAS A FINALIST IN THE 2021 OSV INNOVATION CHALLENGE AS ONE OF THE BEST NEW CATHOLIC INNOVATIVE IDEAS IN THE COUNTRY!*

## DRAGON SLAYERS

The Essential Training Guide for  
Young Dragon Fighters,  
Based Wholly on the Practices of the  
Great Dragon Slayers of Old and the  
Wisdom of their Ancient Manual

*By Sir Wyvern Pugilist*



*This retreat and its training methods are based on the book **DRAGON SLAYERS**, by Sir Wyvern Pugilist, copyright Joyce Denham, and are used with permission of the author.*

PURCHASE AT:

[dragonslayersbook.com](http://dragonslayersbook.com)

# BEFORE THE RETREAT:

Everything you need to prepare for your Dragon Slayers Retreat

The following is a checklist to help you prepare for the Dragon Slayers Retreat:

TASK	COMPLETE BY
Give a rough estimate of number of students to allow us to identify capacity	ASAP
Identify catechists for breakout sessions	ASAP
Determine if you will need assistance with covering the cost of the retreat. Contact Extraordinary Mission team if necessary.	ASAP
Send \$200 down payment for material bags to Extraordinary Mission (You will receive an invoice from us.)	August 1st
Meet with the parents: 1. Give them the <b>Parent Letter</b> (we will provide the letter) 2. Collect email addresses of parents to include on <b>Student Roster</b>	Beginning of school year
Work with host parish to determine any optional items you will have during the retreat (food, priest to bless crucifixes, etc).	Beginning of school year
Check in with catechists to answer questions and verify they are prepared for the day of the retreat. Give them information below for breakout activity options.	2 months prior to retreat
Provide Extraordinary Mission with a more precise headcount so that we can order crucifixes	2 months prior to retreat
Work with host parish to plan registration process.	1 month prior to retreat
Complete and return <b>Dragon Slayers Student Roster</b>	1 week prior to retreat
Send remaining payment for Retreat Fee and Material Fee to Extraordinary Mission (You will receive an invoice from us).	day of the retreat

## STUDENT ROSTER / PARENT EMAILS

Please collect this info and send to Extraordinary Mission in this format! You can download this from [extraordinarymission.com/dragonlayerfaq](http://extraordinarymission.com/dragonlayerfaq). This is important to help us create certificates and register parents in the follow-up "Saints in the Making Family Challenge Series." Thank you!

STUDENT NAME	PARISH	EMAIL 1	EMAIL 2

**"TRAIN UP A CHILD IN THE WAY HE SHOULD GO: AND WHEN HE IS OLD, HE WILL NOT DEPART FROM IT." (PROVERBS 22:6)**



# PARENT LETTER EXAMPLE

Below is a copy of the parent letter, which can be downloaded at [extraordinarymission.com/dragonslayerfaq](http://extraordinarymission.com/dragonslayerfaq). You will need to edit the bolded areas to fit your retreat logistics.

There is also a postcard available on the website that you can download as well that allows you to write and send to parents!

---

Dear Second Grade Parents,

To help you and your child prepare for and celebrate First Reconciliation and First Communion, we have an exciting retreat scheduled for **date** at **location**. The retreat will go from **time** and will be led by author/speaker John Wood and his wife Kristin. Please arrive by **(20-30 minutes before start time)** for registration and materials. Please note: This retreat is for PARENTS AND CHILDREN. It will begin with a **(pizza party and)** Dragon Slayer Presentation. John and Kristin present this fun presentation all over the country, and we are confident you and your child will love this experience!

In the second hour of the retreat, while the kids are having their own session, John Wood will be offering a presentation specifically for the parents. John has spoken at hundreds of parishes and schools across the country, and his book, "Ordinary Lives, Extraordinary Mission," has sold over 240,000 copies. New York Times Bestselling author Matthew Kelly has said, "I believe John is one of the great emerging Catholic voices of our time. John Wood has a passion that is contagious...read this book and make an effort to hear him speak!" This is NOT an informational meeting, this is an inspiring talk that you DON'T WANT TO MISS! We promise it will be worth your time and help you prepare with your son or daughter for these important sacraments.

While at least one parent is required to attend the retreat with the child, we hope BOTH parents can attend.

Thank you and we look forward to seeing you on **date**!

Sincerely,  
**Staff name**  
**Parish**

# THE RETREAT DAY HAS ARRIVED!

1. We recommend you **arrive one hour before** registration.
2. **Find your classroom** (the hosting parish should provide you with these details) and set up your materials so that you are ready for the breakout session.
3. **Set up your registration table.** You should have the following items:
  - a. Name tags laid out and ready to go.
  - b. Kings Crowns, set up and ready to go
  - c. Bags of materials for each family
4. **When families arrive for registration...**
  - a. Give the student the name tag and crown
  - b. Give bag of materials to the parent
  - c. Instruct them to enter the gym/hall and go to the photographer for a picture
5. **Lead your students to the breakout session** after the Dragon Slayers presentation. Your students will all be wearing the same color of Kings Crown (you too!). Your parish/color will be announced and you will then lead them to the classroom. You will be instructed to return ONE HOUR from the end of the Dragon Slayer presentation. You will get your full hour. *Please do not return with kids early when the parent talk is still in session.*
6. **Stick around after the retreat** to make sure all children get their certificates, talk with the parents and kids, enjoy the excitement of the day, and help clean up the facility when everyone leaves.



# THE RETREAT IS OVER... BUT REACHING THE PARENTS & CHILDREN CONTINUES!

1. Be sure to **follow along with the Saints in the Making Family Email Challenge** so you can discuss the ideas and resources with the kids in the classroom. (If you don't automatically receive the emails, you can register at **[extraordinarymission.com/familychallenge](http://extraordinarymission.com/familychallenge)**). If you have registered before, send us an email at [info@extraordinarymission.com](mailto:info@extraordinarymission.com) so that we can re-register you.
2. Each email contains a **"Diving into the Mass" video** which spotlights one part of the mass each week. (Lady's Melissa's part of the Dragon Slayers Challenge for Kids.) Consider playing these videos in class and encourage the students to go to Mass and watch for each week's spotlight!
3. Listen to the **Catholic Sprouts/Saturdays with Sir Rolland podcast** and encourage your students to listen as well so that you can discuss the different topics.
4. Utilize the **Dragon Slayers Manual by Sir Wyvern Puglist** in the classroom (This can be done before the retreat too.)
5. Send notes to parents and **encourage them to attend Mass** and try the resources in the emails. Hold them accountable! It is very important that they are attending Mass... Their child is preparing for First Communion! Find ways to get them there. (See number 6)
6. Talk with your pastor about **having Tiny Saints available at Mass**. After Mass, the 2nd graders can go up to Father and receive a new Tiny Saint each week! This also gives Father an opportunity to greet the parents and thank them for coming. Let us know if you would like a supply of Tiny Saints!
7. **Offer the ministries, ideas and resources** we recommend for families at your parish to help them with finances, chastity, addiction, divorce, or other common dragons they are facing. See our ads in the next few pages, and ask us for recommendations on other ministries, and share your ministry ideas with us!
8. Talk with your pastor about making **special opportunities for reconciliation for the parents**. Many of them say they are open to going after the retreat, but we need to make it as easy as possible. Also, we strongly recommend having an opportunity for Reconciliation right before First Communion for both parents and kids.
9. **Offer dates nights** for parents by providing fun activities at the parish for kids that can serve as babysitting so parents can enjoy some time together.
10. Be sure to give the parents **the End-of-the-Year Survey** so we can measure our progress. Send completed surveys to us at **12765 West County Road 10, Alvada, OH 44802** so we can compile and share the results with you. Thanks!

# ANONYMOUS END-OF-THE-YEAR PARENT SURVEY

Download this survey at [extraordinarymission.com/dragonslayerfaq](https://extraordinarymission.com/dragonslayerfaq). We highly recommend you print out hard copies and give the survey to the parents in person to fill out. **Send completed surveys to us at 12765 West County Road 10, Alvada, OH 44802** so that we can compile and share the results with you.

**1. How are you related to the child who is receiving First Communion?**

- A. Mother      B. Father      C. Other

**2. Before this sacramental year, how often would you say you and/or your family attended Mass on average?**

- A. At least once a week      C. Most holidays & a few other times a year  
B. Once a month      D. Rarely or never

**3. How often do you attend Mass on average now?**

- A. At least once a week      C. Most holidays & a few other times a year  
B. Once a month      D. Rarely or never

**4. Did you receive the sacrament of Confession (Reconciliation) anytime during your child's sacramental prep?**

- A. Yes      B. No

**5. Did you attend the Dragon Slayers Retreat?**

- A. Yes      B. No

**6. Of the resources given or recommended in your gift bag, which ones did you (and/or your spouse) try or use in any way? (Circle all that apply.)**

- A. The Crucifix  
B. The Dragon Slayers Examination of Conscience  
C. The Children's Missalette  
D. The Catholic Sprouts Podcast  
E. The Saints in the Making Family Email Challenge

**7. Of the resources given or recommended in your gift bag, which ones do you recommend we give to parents next year? (Circle all that apply.)**

- A. The Crucifix  
B. The Dragon Slayers Examination of Conscience  
C. The Children's Missalette  
D. The Catholic Sprouts Podcast  
E. The Saints in the Making Family Email Challenge

**8. Do you plan to continue to be active in receiving the sacraments and being involved in parish life after your child receives First Communion?**

- A. Yes      B. No

**9. Are there any ways that our parish can serve your family better? Please share any comments, concerns, suggestions, or ideas.**

# TO THE PASTOR...

Here are some ideas to share with your pastor to engage second grade families.

1. **Be at the retreat.** Your presence makes a huge difference. Let them see you and get to know you. Make them feel at ease to come to confession to you. You can also bless their crucifixes. THEY ARE WORTH YOUR TIME.
2. Invite yourself over for **dinner** or treat them to dinner!
3. Make **confession** readily available.
4. Have plenty of **priests available** during First Reconciliation and make a station specifically for parents.
5. Consider a **celebration afterwards for the families**....kill the fatted calf! You don't have to grill out (though that would be awesome) but at least some cookies and punch.
6. Make **confession available right before First Communion.** Remind them they MUST be in a state of grace to receive Communion at their child's First Communion, which means attending Mass weekly. (Do it charitably as an invitation to return to the mercy of the Father to prepare for this special day.)
7. **Offer a Tiny Saint keychain** to the 2nd Graders who come to Mass each week. This gives you an opportunity to talk with the families after Mass and thank them for coming.
8. **Make 2nd Grade families VIP** in your parish and make a concerted effort to get to know each family.
9. **Be ready to help them with their struggles and trials.** We give you so many ministry ideas from our time in the OSV Innovation Challenge. You should be the one they come to if they have struggles with addiction, chastity, divorce, finances, raising their child in the faith, being the domestic church, etc. Let them know you have these ministries available.



## WHAT OTHER PARENTS ARE SAYING...

"I really enjoyed the parent talk. I felt like you were talking to me. It was very relatable. The dragon slayer portion for the kids was great as well."

"I did not expect to spend a Saturday morning quite this way, but feel so grateful to have been "tricked" into attending this retreat. So many wonderful ideas I can't wait to implement in my family. Have been wanting/thinking about creating a prayer table at home and this retreat lit a fire in me to do just that this afternoon with my family - and include the beautiful crucifix we were given. Thank you so much for this!"

"100,000 Trillion Star Rating!"

"Thought I had better things to do, turns out they can wait. Had a great time and feel better about myself. Very inspiring."

"I loved everything :-) You all were absolutely inspirational & moving, reaching the adult & child audience. I have been a Catholic for 45 years, have 3 kids, we go to church every week, but I (mother) have not gone to confession in 20 years! I WILL GO!!"



**WE WILL BE PROVIDING MATERIALS AT THE RETREAT FOR A FREE-WILL DONATION!** IF YOU FEEL SO INCLINED TO DONATE, WE ACCEPT CARD, CASH, OR VENMO @EXTRAORDINARYMISSION THANK YOU!



**@EXTRAORDINARYMISSION**  
**EXTRAORDINARYMISSION.COM/GIVE**

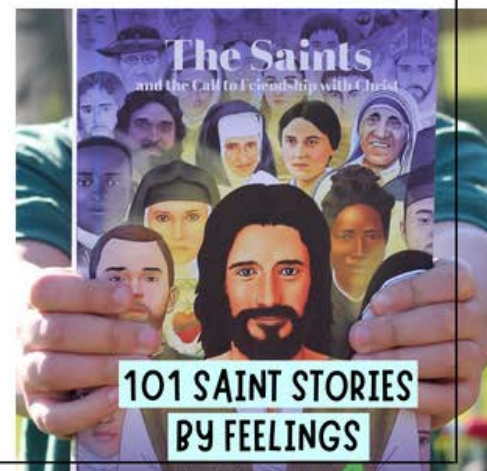
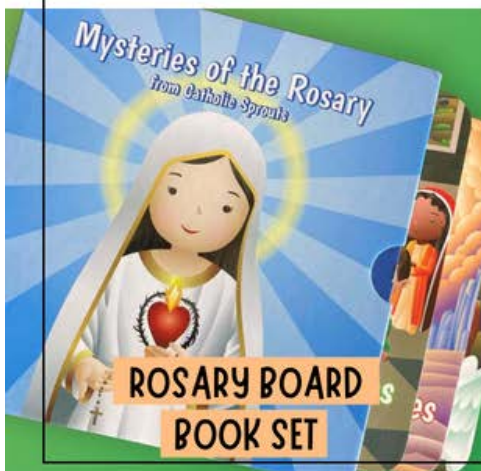
**ENJOY 15% OFF!**  
**CATHOLICSPROUTS15**

 **CATHOLIC SPROUTS**  
STRIVING TO MAKE THE NEXT GENERATION  
OF CATHOLIC FAMILIES STRONGER THAN THE LAST

CHECK IT OUT



**CATHOLIC SPROUTS**  
**DAILY PODCAST**  
**(FOR KIDS!)**



## The Prince Martin Epic



**Inspiring kids to be Brave, Loyal, and True**

Get your books at  
[www.princemartin.com](http://www.princemartin.com) and enter  
coupon code: **Extraordinary Mission**  
at checkout for 20% off your purchase!



**damascus**

A Place of Encounter  
Bringing Revival to the  
Catholic Church

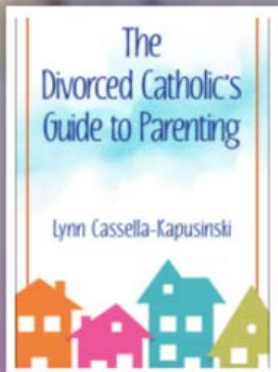


**CATHOLIC YOUTH SUMMER CAMP,**  
**RETREAT MINISTRY, & LEADERSHIP INSTITUTE**

**DAMASCUS.NET**

# Faith Journeys Foundation, Inc.

Provides **Catholic-based group programs** for children and teens from **divorced or separated families** and training services for Catholic schools and parishes interested in offering our **"Calm the Storm" program**.



Use the discount code, **DCGP40** for a **40% discount** on this book when purchased at [OSVCatholicBookstore.com](http://OSVCatholicBookstore.com) or [OrderOSV.com](http://OrderOSV.com).

[www.faithjourneys.org](http://www.faithjourneys.org)

## TOB PARENT SCHOOL BRINGS YOU... **TOB MONTHLY**

We help the modern Catholic parent combat the **cultural moral crises** of our times by teaching the wisdom of St. JP II's Theology of the Body (TOB) to their own children. We instill **confidence** and **clarity** when talking to your kids about **personhood + sexuality**. We accomplish this through monthly mini-magazines the parents can read alongside their children. **4 age groups. 2 languages.** We call it TOB Monthly.

Enter **WELCOME20** for **20% off** your entire purchase

[www.tobparentschool.org](http://www.tobparentschool.org)

[info@tobparentschool.org](mailto:info@tobparentschool.org)

# Be A Man Be A Man Knight



**MAKE A DIFFERENCE.**

*Join your local Knights today.*

# [www.kofc.org](http://www.kofc.org)

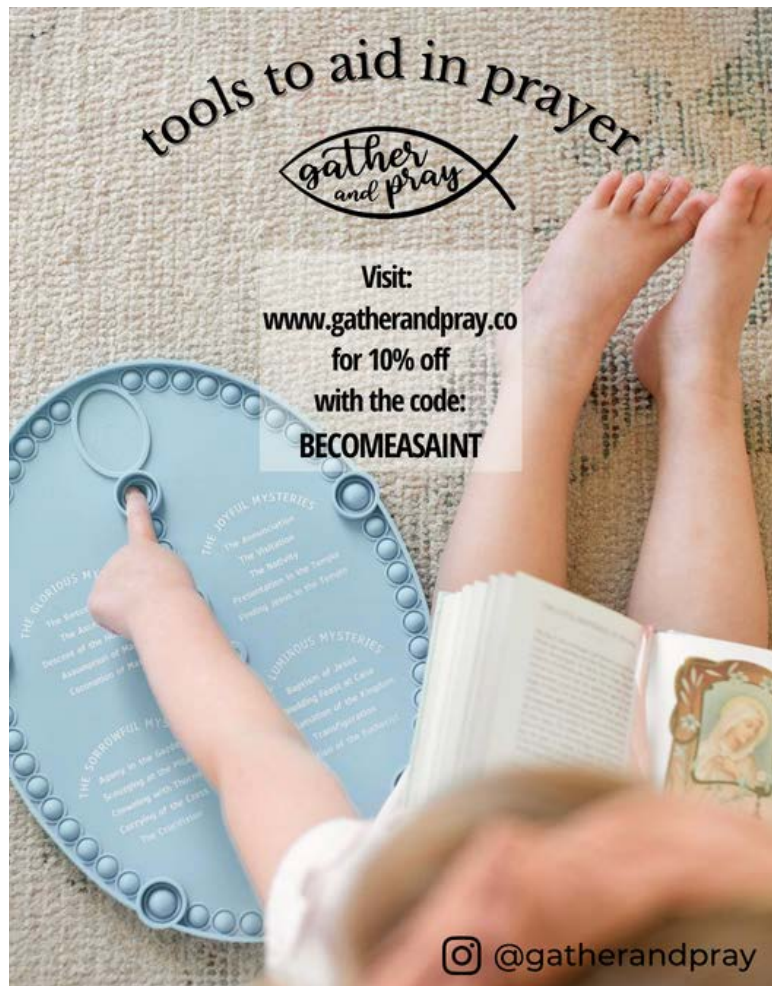
**THE KNIGHTS OF COLUMBUS HELPED SPONSOR THESE RETREAT MATERIALS**

*"Into the Breach" is a powerful video series produced by the K of C that will inspire every man. It is included for free in your Saints in the Making Family Challenge after going through this retreat! check it out at [www.kofc.org](http://www.kofc.org)!*

tools to aid in prayer



Visit:  
[www.gatherandpray.co](http://www.gatherandpray.co)  
for 10% off  
with the code:  
**BECOMEASAINTE**



@gatherandpray

# Wallet Win

We help Catholics of all ages be good stewards, eliminate debt, build savings, and change the world through generosity.



Free 14-Day Trial: [WalletWin.com/startmytrial](http://WalletWin.com/startmytrial)

# screen STRONG

<https://screenstrong.com/>



*Rethinking Screens.  
Reclaiming Kids.  
Reconnecting Families.*

Looking for a  
kid-safe phone?  
<https://gabbwireless.com>

Use referral #  
4193104683 for a  
discount!



## CYCLE PREP

Self-paced online body literacy programs for Catholic parents + daughters to be prepared, together!

English & español con subtítulos

[www.cycleprep.com](http://www.cycleprep.com)

use code "RETREAT10"  
for a 10% discount!



*Made By Him  
Custom Woodcraft*

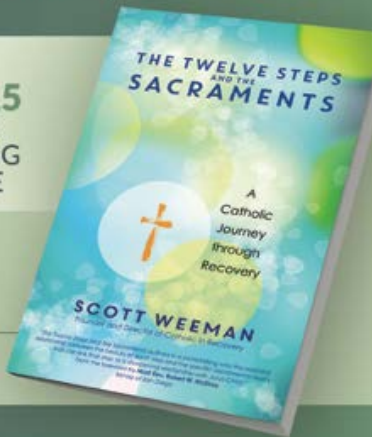
Serving God by Serving You  
Call (419)889-5626 or Find Us Online at  
[shopmadebyhim.com](http://shopmadebyhim.com)



Catholic in Recovery is a community of men and women seeking freedom from addictions, compulsions, and unhealthy attachments by blending 12-step addiction recovery with our Catholic faith.



USE CODE **DRAGON15** AND GET 15% OFF ANYTHING IN OUR STORE



Check out *The Twelve Steps and the Sacraments* by our founder, Scott Weeman

[www.catholicinrecovery.com/shop](http://www.catholicinrecovery.com/shop)



*Who are we?*

A national Catholic apostolate giving voice to the pain of adult children of divorce and helping them find spiritual healing.

*Interested in attending an event?*  
[www.lifegivingwounds.org](http://www.lifegivingwounds.org)

*Check out our store:*  
Use code VIPLGW to get 25% off

**"BY HIS WOUNDS YOU HAVE BEEN HEALED" - 1 PETER 2:24**

# LIVE IT

## THE WEEKLY FAMILY GATHERING.

LET'S HAVE SOME FUN!



**ILOVEMYFAMILY.US**

## CatholicHÔM: Households on Mission

Become an even more loving, connected, caring, Catholic family!



Download the CatholicHÔM app and become part of a dynamic online community of families, at every age and stage, supporting each other in becoming Households on Mission to love like Christ!

<https://www.catholichom.com/>



# ADDITIONAL RESOURCES

## EXTRAORDINARY MISSION

# SHOP

USE CODE EM10 FOR 10% OFF!

[EXTRAORDINARYMISSION.COM/SHOP](http://EXTRAORDINARYMISSION.COM/SHOP)

TO HELP YOU BECOME THE SAINT GOD  
CREATED YOU TO BE



BOOKS



APPAREL



AUDIO/MUSIC



SACRAMENTAL  
PACKAGES



EXTRAORDINARY MISSION PRESENTS:

# DRAGON SLAYERS ARMORY

[EXTRAORDINARYMISSION.COM/DRAGONSLAYERSARMORY](http://EXTRAORDINARYMISSION.COM/DRAGONSLAYERSARMORY)

"Put on the whole armor of God, that you may be able to stand against the wiles of the devil." *Ephesians 6:10*



T-SHIRT

## BREASTPLATE OF RIGHTEOUSNESS

"...put on the breastplate of righteousness."  
*Ephesians 6:14*



NECKLACE

## SHIELD OF FAITH

"Take the shield of faith, with which you can quench all the flaming darts of the Evil One."  
*Ephesians 6:16*



ROSARY

## SWORD OF THE SPIRIT

"Take the sword of the Spirit, which is the word of God."  
*Ephesians 6:17*



SOCKS

## BOOTS OF PEACE

"Shod your feet with the equipment of the gospel of peace."  
*Ephesians 6:15*



HAT

## HELMET OF SALVATION

"...Take the helmet of salvation."  
*Ephesians 6:17*



ROSARY BOX

## BELT OF TRUTH

"Stand therefore, having fastened the belt of truth around your waist."  
*Ephesians 6:14*

[EXTRAORDINARYMISSION.COM/SHOP](http://EXTRAORDINARYMISSION.COM/SHOP)

## ACTIVITY 1: JESUS IS THE BREAD OF LIFE

**The purpose of this activity** is to use John Chapter 6 to help teach children the real presence in the Eucharist and that what we see does not always reflect what is truly present. The following includes the complete Bible text and instructions on how to talk to the children and make this activity come to life. This is the most popular activity that kids really enjoy!

**Materials needed:** Bible, water beads, and strainer

**Note:** Extraordinary Mission will provide water beads & strainer, while the Bible verses are given in this manual.

### Instructions for “Bread of Life” Discussion and “Water Beads” Demonstration

1. If necessary, give background about the Bible, about Moses and the Manna and The Multiplication of Loaves and Fish. The amount of background necessary will depend on what has already been discussed in class and how much time you have for an in-depth discussion.
2. Read the Bread of Life discourse from John chapter 6. It is best if you can mark the verses ahead of time and read directly from the Bible. Again, you can shorten or lengthen the amount you read depending on the amount of time you have. Consider having a place of honor set up for the Bible to highlight its importance. Perhaps a small table with a tablecloth, a bible stand, and an electric candle. Invite the children to be still and ready to listen closely to God’s Word and light the candle before you begin reading.
3. Discuss what was just read. Start with the literal facts about what happened in the story and move to the deeper meaning. You want to guide the children to discover on their own that Jesus is truly present in the Eucharist.
4. Use the water beads to demonstrate that Jesus is hidden under the appearance of Bread and Wine in the Eucharist.

### Step 1: Give Background. You might say something like...

We are going to read a story from the Bible. *(Hold up the Bible so that all the kids can see it).* Do you know what the Bible is? Yes, we believe the Bible is the Word of God because the people who wrote the Bible were all inspired by God the Holy Spirit to write just what God wanted them to write. There are two parts of the Bible. Do you know what they are called? Yes, the Old and New Testaments. The story of Jesus is found in the \_\_\_? Yes, New Testament, especially in the four Gospels: \_\_\_? Yes: Matthew, Mark, Luke and John. The Old Testament tells the story of God and His chosen people, the Israelites. The Old Testament also foreshadows Jesus, meaning it is a little bit like a mystery story that gives clues so that the people who were waiting for Jesus to come would be able to recognize him when he finally came. We need to know the stories from the Old Testament so that we will know the clues to better understand the mystery of Jesus, too! One of the most important people in the Old Testament was named Moses. What do you know about Moses? Yes, Moses was the one who God spoke to in the Burning bush. God told Moses to go to the king of Egypt, the Pharaoh, and tell him to let his people go.

God's people had been slaves to the Egyptians for many years and God wanted Moses to lead them to freedom. God helped Moses to part the Red Sea so that God's people could escape the Egyptians, and Moses is also the one who went up on the Mountain and got the Ten Commandments from God. (You can show pictures of Moses)

After Moses led the Israelites out of Egypt, they were supposed to follow God's directions and go to the Promised Land. But they weren't always very good at listening to God's directions, and they ended up wandering in the desert for 40 years! Do you think the desert is a good place for a big group of people to stay? No! Why not? Right, there isn't very much food or water in the desert. But do you think God took care of his people? Yes, God made water come from a rock so that they had something to drink, and God sent down a special bread from Heaven that was called Manna. It was like dewfall on the ground each morning and it tasted like wafers of honey. Every day for 40 years God sent the Manna down from heaven so that the people would have bread to eat!

Fast forward to the New Testament. Jesus was with a big crowd of people in a deserted place (sort of like a desert?) They were listening to Jesus teach them all day and they were far away from the nearest town. They didn't have any food with them and everyone started to get hungry. There was a young boy who has 5 loaves of bread and 2 fish. So, Jesus performed a miracle and changed the bread and fish into enough food to feed all 5000 people who were there-with 12 baskets of leftovers! (can show pictures) Does this remind you of the story where God fed Moses and God's chosen people with the Manna? The people remembered the story about Moses and the Manna and they were looking for the clues to see if Jesus might be the special person they were waiting for. So the day after Jesus did this miracle the crowd was looking for Jesus and this is what happened...

## **Step 2: Read the Gospel of John Chapter 6 (New American Bible Revised Edition)**

*If you didn't have time for much background, you might want to omit the text in brackets for a shorter/simplified version. Start at verse 35 and skip over verses 49&50.*

26 ¶ Jesus said, "Amen, amen, I say to you, you are looking for me not because you saw signs but because you ate the loaves and were filled.

27 Do not work for food that perishes but for the food that endures for eternal life, which the Son of Man will give you.

28 So they said to him, "What can we do to accomplish the works of God?"

29 Jesus answered and said to them, "This is the work of God, that you believe in the one he sent."

30 So they said to him, "What sign can you do, that we may see and believe in you? What can you do?"

31 Our ancestors ate manna in the desert, as it is written: 'He gave them bread from heaven to eat.'"

32 So Jesus said to them, "Amen, amen, I say to you, it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven.

33 For the bread of God is that which comes down from heaven and gives life to the world."

34 So they said to him, "Sir, give us this bread always."¶

35 Jesus said [to them], "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.

41 The Jews murmured about him because he said, "I am the bread that came down from heaven,"

42 and they said, "Is this not Jesus, the son of Joseph? Do we not know his father and mother? Then how can he say, 'I have come down from heaven?'"

43 Jesus answered and said to them, "Stop murmuring among yourselves.

47 Amen, amen, I say to you, whoever believes has eternal life.

48 I am the bread of life.

49 [Your ancestors ate the manna in the desert, but they died;

50 this is the bread that comes down from heaven so that one may eat it and not die.]

51 I am the living bread that came down from heaven; whoever eats this bread will live forever; and the bread that I will give is my flesh for the life of the world."

52 The Jews quarreled among themselves, saying, "How can this man give us [his] flesh to eat?"

53 Jesus said to them, "Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you.

54 Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day.

55 For my flesh is true food, and my blood is true drink.

56 Whoever eats my flesh and drinks my blood remains in me and I in him.

60 Then many of his disciples who were listening said, "This saying is hard; who can accept it?"

66 As a result of this, many [of] his disciples returned to their former way of life and no longer accompanied him.

67 Jesus then said to the Twelve, "Do you also want to leave?"

68 Simon Peter answered him, "Master, to whom shall we go? You have the words of eternal life.

69 We have come to believe and are convinced that you are the Holy One of God."

### **Step 3: Discuss what was read. You might say something like...**

Now let's talk about the story we just heard from the Bible and see if it can help us learn something about your First Communion! I hope you were listening for clues!

Verse 26-27: Why were the people looking for Jesus? Right, they wanted more food. But Jesus says, "Do not work for food that perishes but for the food that endures for eternal life." What food do you think Jesus is talking about that "endures for eternal life"? Maybe holy communion? Who did Jesus say will give us this bread? He said "the son of man will give (it) to you." Who could the "son of man" be? Do you think it is Jesus?

Verses 28-29: Then the people ask Jesus what the work of God is. Do you remember what Jesus said? Yes, the work of God is to "believe in the one He sent." Who did God send? Yes, Jesus. Do you think we should do the work of God and Believe in Jesus? Yes! Why? Jesus is God! Jesus loves us and died on the cross for us. Would Jesus ever lie? No, that's right. He was God, he always told the truth!

Verses 30-31: But the people weren't ready to believe in Jesus yet. They wanted Him to do "a sign"(another miracle) before they would believe in Him. Had Jesus just done a miracle? Yes multiplying the 5 loaves of bread and 2 fish for the 5000 people. But they were remembering the story of Moses and how God gave the people Manna every day for 40 years! They wanted Jesus to keep making bread to feed them, but is that what Jesus does? No, that's right.

Verses 32-33: So what does Jesus say? He says, "it was not Moses who gave the bread from heaven; my Father gives you the true bread from heaven." What do you think is the "true bread from heaven" that Jesus is talking about? Something that "comes down from heaven" to "give life to the world?"

Verse 34: The crowd still doesn't know what bread Jesus could be talking about but they say, "Sir, give us this bread always."

Verse 35: [Then] Jesus says that He is "the bread of life!" How do you think the people felt when Jesus said that? They were probably surprised and maybe confused. Maybe they even thought Jesus was kind of crazy!

Verses 41-43: Do you remember what the people do? Yes, they start murmuring about Jesus. They think, "we know Jesus' Mom and Dad, how can he be from heaven?" And who are Jesus' Mom and Dad? Yes, Joseph and Mary! But is Jesus actually from heaven? Yes!

Verses 47-51: The people aren't believing what Jesus said, So Jesus tells them again that he is the bread from heaven. And now he also says that if you eat this bread you will live forever, but then he says the bread you have to eat is his flesh!

Verse 52: What do you think the people are thinking now? They say, "how can this man give us his flesh to eat?" They are really confused, maybe they think Jesus is really crazy! But what is Jesus talking about? That's right, he's talking about eating holy communion. Thank goodness he made a way for us to eat his flesh under the appearance of bread (without it looking like flesh or blood!)

Verses 53-56: Does Jesus tell the people that he is just talking figuratively, does he say that he doesn't really mean that they have to eat his flesh? NO, That is not what Jesus does. He must really and truly mean that people have to eat his flesh to have eternal life, because that is what he tells them again! He says it over and over again in these last few verses! (you can reread verses 54-56 from the Bible.)

Verses 60,66: So does everyone finally believe Jesus? No, it says in the Bible that many people thought that it was too hard to believe and so they walked away from Jesus.

Verses 67-69: What does Jesus do when the people walk away? He turns to the twelve and asks if they want to leave too. Do you know who the twelve are? Yes, The twelve apostles, Jesus' closest friends. Do they leave? NO. Do they believe Jesus? Yes, even though they don't completely understand what Jesus is saying Peter answers for the group and says that they believe Jesus is the "Holy one of God." Do you know who Peter was? Yes, He was the leader of the apostles, and he became the first Pope.

Summary: So what do you think this means for you as you prepare to receive Holy Communion? Do you think the bread and the wine are something more, something you can't see with your eyes? Yes, it is really Jesus' flesh and blood! How do we know that? Right, because Jesus told us it was and we can read about it in the Bible! So Jesus asks each of you if you want to leave him or if you will believe what he says about eating his flesh and drinking his blood. It is hard to understand, but you have to decide if you really believe Jesus or not. Are you going to walk away? Or are you going to stay with Jesus? I hope you will all decide to believe in Jesus! To help you understand a little better I have a fun demonstration...

#### **Step 4: Water Bead Demonstration**

Get out the bowl full of water with water beads hidden inside. You might say something like...

Are there some things we can't see with our eyes? What are some things we can't see? Can we see the air? Wind? Germs? Love? God?

(Hold up the bowl so that everyone can see it. You can walk around to give each child a good view.) What do your eyes see when they look at this bowl? Yes, a normal bowl of water.

But there is special treasure hidden in this bowl of water that you can't see. Just like we can't see Jesus in Holy Communion, but he is a very special treasure hidden under the appearance of normal bread and wine.

I am going to walk around and let each of you put your hand in the bowl of water to see if you can feel anything. If you feel something, do not grab it and do not pull it out of the water. You don't want to ruin it for your neighbor. *(Walk around and let each child feel into the bowl. It is a pretty strange feeling to feel something you can't see! You might want to have the kids use hand sanitizer before this activity to minimize the spread of germs.)*

*(After everyone has had a chance to touch the water beads return to the front of the room.)* You might say something like... Did you feel something in the water? Do you think you know what it is? (Holding the bowl so that everyone can see pour the bowl so that the water beads fall into the strainer, have an empty bowl underneath the strainer to catch the water.)

*(Hold up the strainer full of water beads.)* Can you believe that all these were hidden in the water? Our eyes couldn't see them, but they were really there. Just like we can't see Jesus in Holy Communion, but he is truly present!

NOTE: *You can walk around and let the kids feel the water beads again. Kids really like feeling the water beads and really enjoy this activity, however there is a WARNING: Tell kids, "do not squish and do not squeeze the beads because they will break into a bunch of mushy, messy pieces." Some kids will squish and squeeze even after the warning so have a few paper towels on hand to clean up messes.*

## ACTIVITY 2: LIGHT OF THE WORLD

**The purpose of this activity** is to tie in Baptism and how it washes away original sin by using the analogy of how we see. Original sin is like a “spiritual blindness”. Jesus is the Light of the World, and at our baptism we receive the Light of Christ. However, concupiscence remains, which is our tendency to sin, and as we reach the age of reason we begin to sin, or listen to dragons. We need another sacrament to “restore” our great “spiritual acuity” (the state of grace), and reconciliation restores our sight and gives us grace to avoid the near occasion of sin moving forward. The Eucharist gives us supernatural grace to live a life of virtue to the fullest and slay many dragons!

**Materials needed:** Fuzzy glasses, basket, ball, and blindfold (optional)

### Instructions for “Baptism” Discussion and “Light of the World” Exercise

1. Start off by asking the children the first sacrament they received. Begin a discussion on baptism and maybe ask them if they have any stories of witnessing a baptism, perhaps of a younger sibling.
2. Remind them at baptism we receive a candle which represents the Light of Christ.
3. Ask them what light helps us to do. (See)
4. Tell them that you are going to use the eyes as an analogy to teach us what really happens at baptism.
5. Talk to them about the story of Adam and Eve, and original sin, and draw the analogy that original sin is like a “spiritual blindness” passed on from generation to generation. The light of God went out and now the people “walk in darkness”. Heaven is not possible...
6. Jesus was born and came into the world as the Light of the World.
7. Jesus gave us the sacrament of baptism to pass on this light.
8. Now we can spiritually “see”. It removes our blindness (original sin) and opens the gates of heaven by giving us the grace to become saints. (The state of grace represents perfect spiritual “acuity”.)
9. However, concupiscence, our tendency to do wrong, or “listen to dragons” remains. As we get older and reach the age of reason we begin to sin. When we sin, it makes our “spiritual acuity” murky. Dragons like “darkness”.

Pause: Demonstrate this point by asking for a volunteer who wants to shoot baskets. Put the hoop 5 or 6 feet away and ask them to make a basket. Give them several tries. Make sure the hoop is close enough that it is fairly easy to make the basket. Tell them that when we are in the state of grace, our ability to make baskets, OR SLAY DRAGONS (live virtuously), is easy and we grow closer to becoming the saint God created us to be.

Now have the child put on the fuzzy glasses and say, “When we sin, even little sins, which we call “venial” sins, it begins to make our spiritual acuity fuzzy. It gets harder and harder to do the right thing the more we listen to dragons.

Now talk a little bit about “mortal sin”. We totally reject God and don’t want him in our life. Cover their eyes or put a blindfold on and see how they don’t even come close when shooting a basket.

10. Now ask, what can we do to regain our “spiritual acuity” after we listen to dragons, whether it is venial or mortal. What sacrament can we always receive? Confession!
11. Emphasize that there will always be dragons in this life and it is a life long battle. So we don’t just go to confession once, we go over and over again!



## ACTIVITY 3: THE PRODIGAL SON

**The purpose of this activity** is to help them understand the mercy of the Father who always wants to forgive our sins. We simply need to come back to Him and ask for mercy.

**Materials needed:** Bible

### Instructions

1. Read the parable of the Prodigal Son: Luke Chapter 15, starting a verse 11
2. Let's talk about the hidden meaning: Here is a list of questions to recap the story:
  - a. **In the story there was a Father with how many sons?** (*two*) **Which son wanted the estate (or inheritance) from his father?** (the younger) **Do you know what an inheritance is?** (ultimately emphasize that it is something you inherit after someone dies). **So wait a second, was the father in the story dead?** (No!) **So what was the son really kind of saying?** (He wishes his father was dead, he would rather have his money.) **How do you think his father felt?** (sad) **What did the father do?** (he just gave it to him!) **What did the son do with the money?** (He wasted it all on junk) **Then a famine came. Do you know what a famine is?** (when there is no food) **So what did the son do?** (he got a job tending pigs) **And he was so hungry, what did he want to do?** (eat the pigs food) **Finally he comes to his senses and what does he decide?** (He is going to go back and beg his father to be a servant). **When he goes back it says "his father saw him coming from a long way off." What do you think that means?** (It means the father has been waiting and wanting him to return.) **Then what happens?** (The father runs to him and puts a robe on his back and shoes on his feet and tells his servants to slaughter the fattened calf.) **What is a calf?** (a cow) **So what do you think they are going to eat for dinner?** (steak and hamburgers! Yum!)
3. Now that we have recapped the story....
  - a. **Who do you think the father could represent?** (God the Father) **Even when we sin and do bad things and reject God and listen to all the lies of the dragons, what does God do?** (He waits for us to come back "home" to reconcile so he can give us forgiveness and mercy) **Do you think it was hard for that son to decide to come home?** (Yes...he waited until he was dying of hunger). **Is it sometimes hard for us to go to confession? Are a little nervous to tell God the bad things we have done?** (yes) **But how do you think the son felt AFTER he came back and heard his father's forgiveness and received his gifts?** (wonderful and relieved!) **Do we have to be scared about going to confession?** (No, God is always waiting and watching for us to come home) **At the very end they have a great feast to celebrate. What do we do as Catholics to celebrate a "feast".** (The Eucharist! The Eucharist is even better than steak!)
4. I hope you will remember that story and how much God loves you, and come to Him often in reconciliation. Maybe you can even read the story before you go, write down your sins, make your confession, and then come home and celebrate! Maybe even with steak. But remember, the greatest celebrate and the ultimate feast foreshadowing the heavenly feast, is the bread of life... Jesus Himself in the Eucharist.

## ACTIVITY 4: THE EXAMINATION OF CONSCIENCE

**The purpose of this activity** is to help the children learn how to do an examination of conscience to prepare for confession.

**Materials needed:** Dragon Slayers Examination of Conscience (Download from [extraordinarymission.com/dragonslayerfaq](http://extraordinarymission.com/dragonslayerfaq))

### Instructions

1. Ask, "Where in the Bible did it talk about a certain list of rules or laws we need to follow to help us avoid being wounded by dragons (sin)?" (The Ten Commandments)
2. Tell the children they will each receive a dragon slayers examination of conscience in the gift bag and it will talk about specific dragons listed in the Dragon Slayers Manual. (We will give each catechist a manual to keep in the classroom if they don't get their own manual.)
3. Tell them that we are going to go through the 10 Commandments and match us some of the sins/dragons that try to make us break each of the commandments.
4. Tell them that some commandments are proactive, meaning things we must do. These are like swords to help us fight against dragons. (Love God, Keep Holy the Sabbath, Honor parents.) The rest of the commandments are things we need to shield ourselves from and NOT do. They start with "don't" or "thou shall not..."
5. Teach them that an examination of conscience is when we think about our day, or week, or month, and recall all the times we get wounded by dragons and sin. (Using a sports analogy, its like watching game film to find our weaknesses so that we can improve)
6. Use the Dragon Slayers Examination of Conscience to read through some of the questions for each commandment and the dragons to be aware of.
7. Consider giving the kids a paper and pencil so they can practice writing down their sins, or at least encourage them to do this when doing an examination of conscience on their own.
8. Depending on your time, you can choose how many and which of the commandments and questions you want to go through and which dragons from the manual you want to talk about. They will have just learned about some of these dragons during the Dragons Slayers Live presentation.
9. Stress again the importance that we must do this regularly! The more we examine our conscience and the more we go to confession the better we can slay dragons and the more we become saints.
10. Talk to them about the "Become a Saint" wristbands they will receive in their gift bag. There are wristbands for them and their parents. Tell them to wear the wristband that says Become a Saint. Be Not Afraid. This will help them make good choices during the day and not to be afraid of the dragons. When they sin, they don't have to be afraid to come to God in confession.

# A SPECIAL THANK YOU TO OUR SPONSORS!

We are extremely grateful to our sponsors who help make these retreats and the materials given possible!! Please keep them in your prayers!

---

The Catholic Knights of Columbus  
Craig and Audrey Stammen  
Dr. Eric and Annie Dudenhoffer  
Luke and Melissa Wiley (Wiley Helping Hands)  
Morgan and Darcy Smith  
Our Sunday Visitor  
Drs. Phil and Courtney Slonkosky  
Rich and Connie Cronin (Perrysburg Automall)

---

We also would like to include a **special thank you to our Deep Roots Club**. These are our monthly donors who keep our ministry going. If you would like to be part of this special group and help build deep roots of faith in families, please go to **[extraordinarymission.com/give](https://extraordinarymission.com/give)** or use the QR code to the right. Thank you!

---



Finally, a huge thank you to the **Children of Mary Sisters**, who have a deep devotion to loving Jesus in the Eucharist, and spend their time in Eucharistic Adoration praying for us and all of you!



**[info@extraordinarymission.com](mailto:info@extraordinarymission.com)**  
**12765 W County Rd 10**  
**Alvada, OH 44802**

# FAMILY PRAYER

## BY ST. MOTHER TERESA OF CALCUTTA

Heavenly Father, you have given us a model of life in the Holy Family of Nazareth. Help us, O Loving Father, to make our family another Nazareth where love, peace, and joy reign.

May it be deeply contemplative, intensely Eucharistic, revived with joy. Help us to stay together in joy and sorrow through family prayer.

Teach us to see Jesus in the members of our family, especially in their distressing disguise.

May the Eucharistic Heart of Jesus make our hearts meek and humble like His, and help us to carry out our family duties in a holy way.

May we love one another as God loves each one of us, more and more each day, and forgive each others faults as you forgive our sins.

Help us, O Loving Father, to take whatever you give and to give whatever you take, with a big smile.

Immaculate Heart of Mary, cause of our joy, pray for us. St. Joseph, pray for us. Holy Guardian Angels, be always with us, guide and protect us. Amen.



*Join us on...*

**SATURDAYS WITH SIR ROLLAND**

ON THE CATHOLIC SPROUTS PODCAST EVERY WEEK!

**SIGN UP FOR FREE WEEKLY GIVE-AWAYS**

[EXTRAORDINARYMISSION.COM/DRAGONSLAYERS](https://extraordinarymission.com/dragonslayers)

**EXTRAORDINARY  
MISSION**