



# EUCCHARISTIC EDUCATION RESOURCES IN PRINT

Compiled by David G. Bonagura, Jr.

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Promoting and Defending Faithful Catholic Education

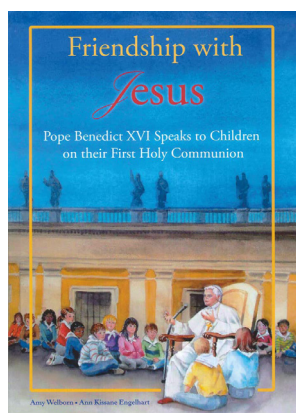


# Eucharistic Education Resources in Print

Compiled by David G. Bonagura, Jr.  
The Cardinal Newman Society Fellow for Eucharistic Education

## Primary Grades on the Eucharist (illustrated)

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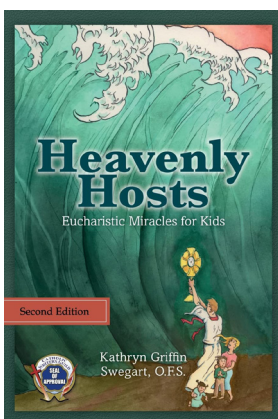


### ***Friendship with Jesus: Pope Benedict XVI Talks to Children on Their First Holy Communion***

by Amy Welborn

Magnificat/Ignatius Press | \$14.95 | 32 pages

In this beautifully illustrated book by Ann Engelhart, Amy Welborn introduces Pope Benedict's profound yet simple answers to various questions put to him by children in Rome who had recently made their First Holy Communion. Pope Benedict's answers, and the children's wonderful questions concerning this very important spiritual occasion in their young lives, provide inspiring text for this beautiful gift book for First Communion.

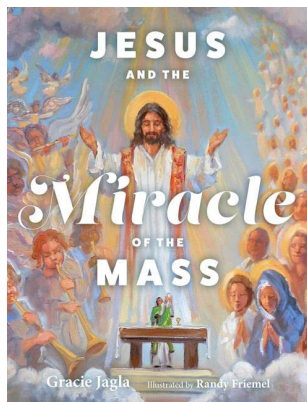


### ***Heavenly Hosts: Eucharistic Miracles for Kids***

by Kathryn Griffin Swegart

Independently published | \$9.95 | 78 pages

This treasury of stories for children is now into its second edition. Two new stories include the children of Fatima and St. Germaine Cousin. Readers will be enlightened by a gallery of photos showing actual sites of these documented miracles. Delightful pen and ink illustrations complement the text. Here is the perfect First Communion gift sure to inspire young and old alike.

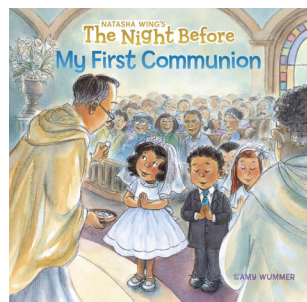


### ***Jesus and the Miracle of the Mass***

by Gracie Jagla

OSV Kids | \$17.95 | 36 pages

With beautiful illustrations and memorable rhyme, this book introduces children to the miracle that occurs at every Mass—the bread and wine on the altar transformed into the real presence of Jesus. Told from the unique and intimate perspective of Jesus himself, the story explains the incredible gift that the Eucharist is for us.



### ***The Night Before My First Communion***

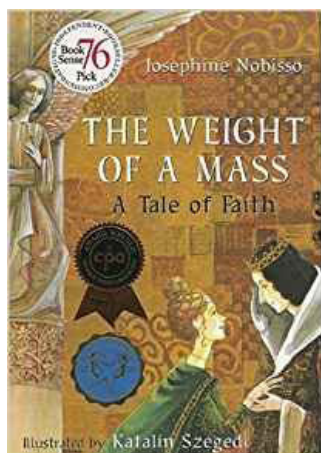
by Natasha Wing

Grosset & Dunlop | \$5.99 | 32 pages

On the night before their First Communion, a brother and sister get ready for this important event. All the family is there—family, grandparents, godparents—to help them prepare for the following day.

## **Primary Grades on the Mass (illustrated)**

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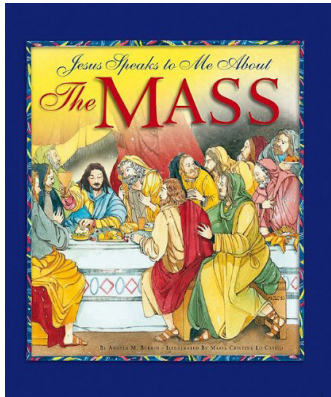


### ***The Weight of a Mass: A Tale of Faith***

by Josephine Nobisso

Ginger Bread House | \$11.95 | 32 pages

When a poor devout widow begs for a scrap of bread from a rich faithless baker, she promises to participate in the king's wedding mass as payment for the baker's generosity. The baker writes "One Mass" on a scrap of paper and places it on his scale to determine how much bread it is worth. To his and the entire town's surprise, nothing in the shop, not even the gigantic wedding cakes made for the king, outweighs the simple piece of paper representing the true worth of a mass. Luminous old-world watercolor paintings grace the interior of the book and gold foil artwork lends an air of solemnity and sacred beauty to the story.

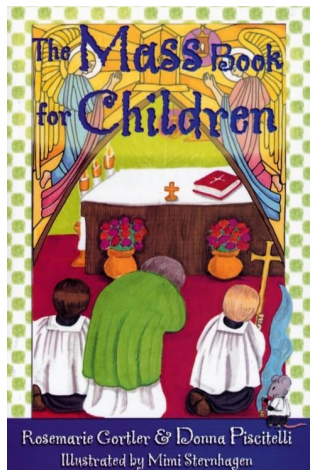


### ***Jesus Speaks to Me about the Mass***

by Angela M. Burrin

Word Among Us Press | \$16.95 | 48 pages

In this beautifully illustrated book, Jesus speaks directly to children, explaining the Mass by linking the liturgy to scenes from the Gospels. The goal is to help children connect the actions of the Mass with Jesus' gift of himself in the Eucharist.

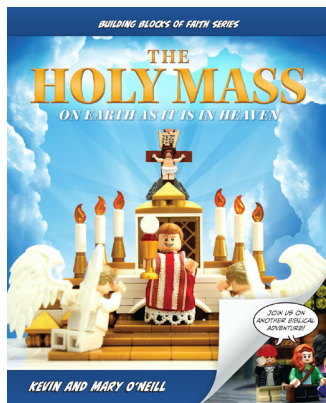


### ***The Mass Book for Children***

by Rosemarie Gortler

Our Sunday Visitor | \$8.95 | 48 pages

With its captivating writing style and charming art, The Mass Book for Children not only teaches young children the parts of the Mass but also shows them why joining in the joyful gathering is an experience of love.



### ***The Holy Mass: On Earth as It Is in Heaven***

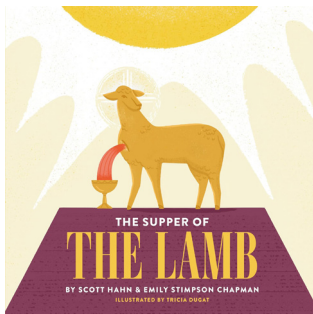
by Kevin and Mary O'Neill

Sophia Institute Press | \$34.95 | 240 pages

In the style of a graphic novel using Lego figures as the actors, Children will learn about God's plan of salvation and how the Real Presence of Jesus in the Eucharist is at the very heart of our Faith. This engaging book explores how the Old Testament is fulfilled in the New and unveils the beautiful typology found in Scripture, such as how Mary--the new Eve--bore Jesus, the fruit of her womb, for our redemption. You'll be inspired as you explore new insights into how Moses and the Passover relate to the Last Supper and Holy Sacrifice of the Mass.

## Middle School Aged Books on the Mass

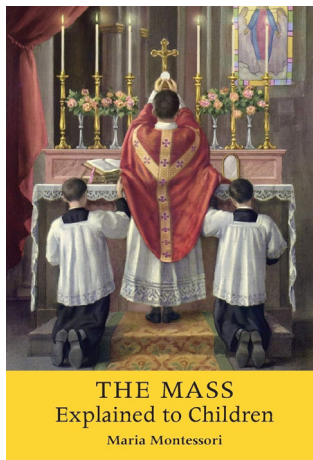
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### ***The Supper of the Lamb***

by Scott Hahn and Emily Stimpson Chapman  
Emmaus Road Publishing | \$17.95 | 56 pages

The Supper of the Lamb once again brings together bestselling authors Scott Hahn and Emily Stimpson Chapman, this time to introduce children of all ages to the biblical roots of the Mass. With edifying illustrations from artist Tricia Dugat, The Supper of the Lamb draws from the Book of Revelation as it slowly unveils the layers of meaning in the Mass.



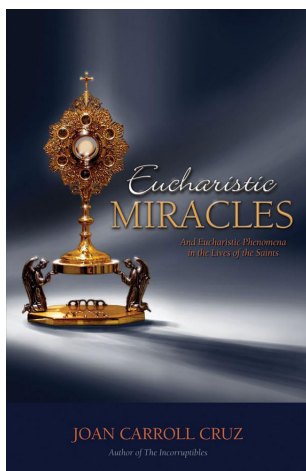
### ***The Mass Explained to Children***

by Maria Montessori  
Angelico Press | \$10.95 | 100 pages

The Mass Explained to Children presents the beauty, depth, and simplicity of the traditional Latin Mass, helping to make it easily understandable for any and every child. With acute sensitivity to the purity and clarity of a child's mind and soul, Maria Montessori wisely instructs in how to prepare for Mass, explains how the altar is set up, and clarifies the meaning and use of the sacred vessels and other elements used during Mass. She describes also the role of the priest, the use and symbolism of vestments, and much more. Then she proceeds—in refreshingly straightforward language, and with abundant illustrations—to follow the order of the Mass as it slowly unfolds in word and gesture.

## High School Aged Books on the Eucharist

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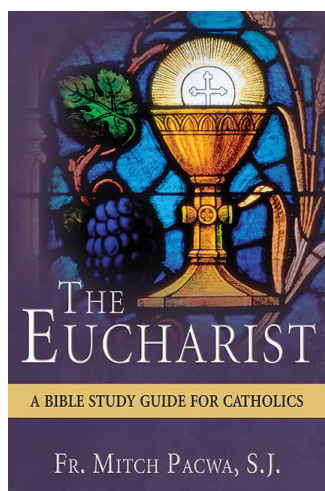
### ***Eucharistic Miracles and Eucharistic Phenomena in the Lives of the Saints***

by Joan Carroll Cruz  
TAN Books | \$16.95 | 352 pages

Joan Carroll Cruz documents 36 such miracles which occurred from 800 AD to the present day. This book tells of consecrated Hosts which have visibly turned to human flesh, have bled, levitated, and which have become hard as flint when received by a person in mortal sin. It details the official investigations that



have been made into these miracles by scientists throughout the world, and where some can still be venerated today. Eucharistic Miracles also recounts miraculous Eucharistic phenomena in the lives of saints: saints who lived with only the Eucharist for sustenance, received Communion miraculously, or experienced raptures, ecstasies, levitations, visions, locutions, and more. Pictures and photographs of the miracles, the churches they took place in, and the people involved are also included, adding the final touch to a comprehensive, detailed, and extraordinary overview of these miraculous happenings.

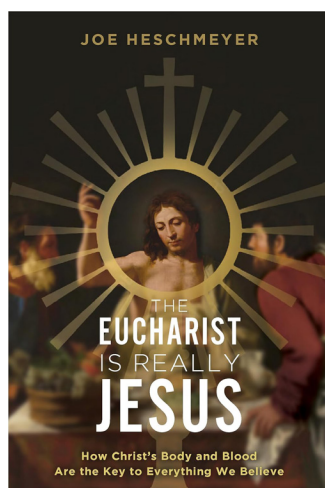


### ***The Eucharist: A Bible Study Guide for Catholics***

by Father Mitch Pacwa, SJ.

Our Sunday Visitor | \$10.95 | 112 pages

In Fr. Mitch Pacwa's *The Eucharist: A Bible Study Guide for Catholics*, you will see the essential connection between the Eucharist and the Scriptures, and through reflection and discussion, you'll learn to apply the principles in your own life. The book considers the Old Testament roots of the Eucharist, the allusions of Jesus' words at the Last Supper, and how we meet Jesus in the breaking of the bread.

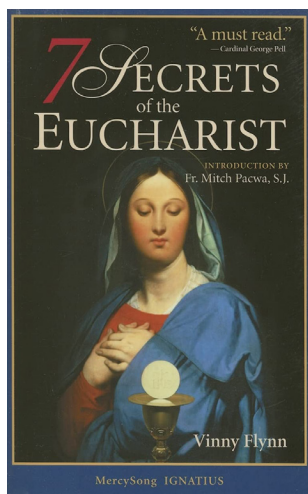


### ***The Eucharist Is Really Jesus: How Christ's Body and Blood Are the Key to Everything We Believe***

by Joe Heschmeyer

Catholic Answers Press | \$18.95 | 174 pages

In *The Eucharist Is Really Jesus*, author Joe Heschmeyer explains how Catholic belief in the Eucharist is biblical and reasonable. Heschmeyer also shows how that's not an end, but just the beginning. Knowing that the Eucharist is really Jesus becomes a master key to understanding the essential aspects of our lifelong walk with Jesus.

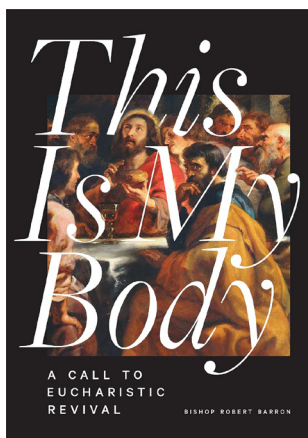


## ***The 7 Secrets of the Eucharist***

by Vinny Flynn

Mercy Song/Ignatius Press | \$9.95 | 131 pages

Deeply based on the Scriptures, the writings of the Saints, and the teachings of our two most recent Popes, this profound and remarkably readable book will introduce you to some of the “hidden” truths of the Eucharist—truths that have always been embraced by theologians, saints, and mystics, but have rarely been passed on to the average person in a meaningful way.

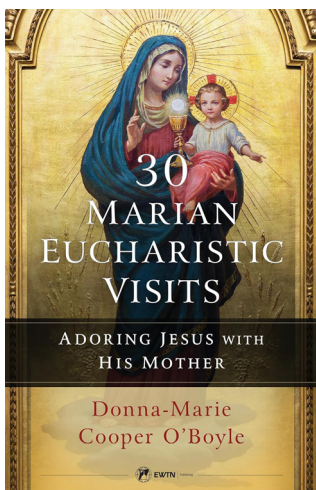


## ***This Is My Body: A Call to Eucharistic Revival***

by Bishop Robert Barron

Word on Fire | \$6.00 | 120 pages

This book is designed to accompany America’s Eucharistic revival. Bishop Barron offers a threefold analysis of the Eucharist as sacred meal, sacrifice, and Real Presence, helping readers to understand the sacrament of Jesus’ Body and Blood more thoroughly so that they might fall in love with him more completely.



## ***30 Marian Eucharistic Visits: Adoring Jesus with His Mother***

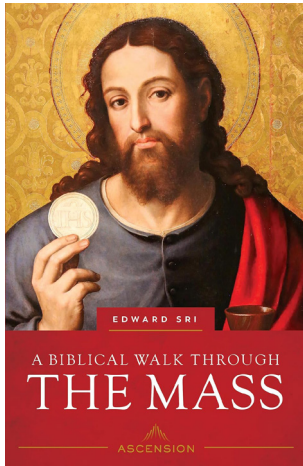
by Donna-Marie Cooper O'Boyle

Sophia Institute Press | \$18.95 | 176 pages

Here is the book that will immerse you deeply in both and inflame your heart with love for Jesus’ Eucharistic Heart through the heart of His Mother. The relational reflections contained in this volume will restore or increase your faith in the Body, Blood, Soul, and Divinity of Jesus in the Holy Eucharist. They will help you enter into meditation with Jesus and Mary as never before and will open your heart to receive the graces available from the Sacred Mysteries.

## High School Aged Books on the Mass

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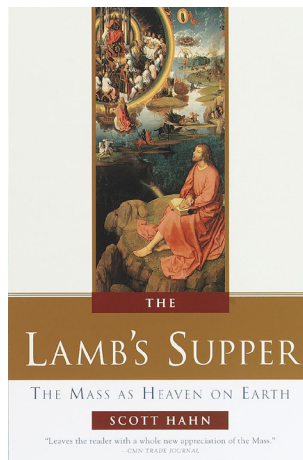


### ***A Biblical Walk through the Mass***

by Edward Sri

Ascension Press | \$14.99 | 198 pages

In *A Biblical Walk Through the Mass* discover how the Mass is nothing short of amazing. The words, the gestures, and the rituals of the Mass are rich in meaning. Everything we say and do in the Liturgy is steeped in biblical language. *A Biblical Walk Through the Mass* explores the extraordinary biblical roots of the Liturgy and reveals what it all means and why it all matters



### ***The Lamb's Supper***

by Scott Hahn

Doubleday | \$25.00 | 174 pages

This book reveals a long-lost secret of the Church: The early Christians' key to understanding the mysteries of the Mass was the New Testament Book of Revelation. With its bizarre imagery, its mystic visions of heaven, and its end-of-time prophecies, Revelation mirrors the sacrifice and celebration of the Eucharist. Beautifully written, in clear direct language, this book will help readers see the Mass with new eyes, pray the liturgy with a renewed heart, and enter into the Mass more fully, enthusiastically, intelligently, and powerfully than ever before.



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## About the Author



**David Bonagura, Jr.**, is a 2023–2024 Cardinal Newman Society Fellow for Eucharistic Education. He is an adjunct professor of theology at Catholic Distance University, which is recognized in The Cardinal Newman Society's Newman Guide for faithful Catholic education; adjunct professor of classical languages at St. Joseph's Seminary in Yonkers, N.Y.; and Latin teacher at Regis High School in New York City. He is the author of *Steadfast in Faith* (Cluny Media, LLC, 2019) and *Staying with the Catholic Church* (Sceptor Press, 2021), and he is the translator of *Jerome's Tears: Letters to Friends in Mourning* (Sophia Institute Press, 2023). His latest book, *100 Tough Questions for Catholics: Common Obstacles to Faith Today* (Sophia Press, 2025) He also serves as religion editor of *The University Bookman*. He has three master's degrees in religious studies, adolescence education, and the classics. He is a regular contributor to *The Catholic Thing*.

*The research fellows of The Cardinal Newman Society's Eucharistic Education Task Force develop guidance and resources for parents and Catholic school, homeschool, and college educators on teaching the Real Presence of Jesus Christ in the Eucharist and increasing reverence and beauty in student Masses, Eucharistic adoration, Eucharistic processions, and prayer.*

*The preceding suggestions for Eucharistic Education resources for Catholic education are not exhaustive nor authoritative requirements of the Church, but we highly recommend them for effective teaching. Several teachings of the Church are referenced; this is not a theological document, and readers should consult Magisterial teachings including The Catechism of the Catholic Church for full explanation.*

The Cardinal Newman Society's resources, including this publication, are available at [cardinalnewmansociety.org](http://cardinalnewmansociety.org).

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*The Cardinal Newman Society promotes and defends faithful Catholic education.*

*Since 1993, we have led a movement of educators and parents to uphold clear standards of truth and fidelity in Catholic education and to build a strong core of faithful Catholic schools, homeschools, colleges, and graduate programs.*

*To learn more about The Cardinal Newman Society's work to promote and defend faithful Catholic education according to the vision of our holy patron, go to [cardinalnewmansociety.org](http://cardinalnewmansociety.org).*

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