Catechist’s Choice

Children’s Books on Eucharist

by Christine Way Skinner, 2019

The following are books which are my personal favourites. For anyone stumbling upon this resource who is not from St. John Chrysostom Parish, I have also included the First Communion book we use to prepare the children of our parish.

Jesus Invites Me to the Feast by Christine Way Skinner, published by Liguori Press. I wrote this book because I was looking for a way to teach children about the liturgy that we celebrate on Sunday in a way that was interactive, family-centred and that appealed to a variety of learning styles and abilities. By completing this journal, children learn that they are valued and loved by God and the people of God, what it means to be church, how to listen to God’s word, what it means to be thankful, what it means to meet Christ in the Eucharist, and, having done this, how to go forth to make a difference in the world.

We Go to Mass - Catholic Kids’ Library by Christine Way Skinner and illustrated by Celeste Gagnon, published by Novalis. This book was written as part of the CKL series as an introduction to the Mass. The other books in the series are We Are Catholic and We Pray in Many Ways. These books were written to present a joyful, theologically sound, inclusive and simple introduction to the faith, to the mass and to prayer to younger children.

My all-time favourite book for children to help children understand not only the Eucharist but parish life is A Peek into My Church by Wendy Goody & Veronica Kelly, published by Whippersnapper Press (ISBN: 0-9657218-1-7). The authors look at the church from the perspective of 6 year old Lizzie who does not yet receive communion, but who is looking forward to the day she does. The book teaches children about the liturgy, the church building, the role of various ministries in the church. There are excellent explanations of the interior of the church, liturgical seasons and vestments and church life.

Sunday Morning and Every Day and Sunday Too are all authored by Gail Ramshaw, illustrated by Judy Jarrett and published by Liturgy Training Publications (ISBN: 1-56854-005-1) Both books take readers through the liturgy teaching its meaning and making biblical connections.
The Mass Book for Children by Donna Piscitelli and Rosemarie Gortler and Illustrated by Mimi Sternhagen (ISBN: 1-59276-075-9) This is a simple, joyful introduction to the parts of the liturgy for children.


The Weight of a Mass by Josephine Nobisso and Illustrated by Katalin Szegedi is a wonderful fable of a woman who helps the people of her town understand the value of mass. The book is exquisitely illustrated and has a message for both the child and adult reader.

Using very traditional images of Catholicism, It's Great to Be Catholic! by Susan O'Keefe (Novalis) helps children be proud of and celebrate their faith in a way that also celebrates the faith traditions of others.

A Handshake from Heaven by Carol S. Bannon and illustrated by Michaelin Otis. This book reminds us that in receive the Eucharist we are strengthening our friendship with the Lord.

The Sunday Missal for Young Catholics published annually by Novalis is a missalette for children ages 7-12. It provides the text of the mass as well as the Sunday readings. There are definitions and explanations of all the readings. If your child is a higher level reader, this is a great way to keep your child focussed on the liturgy. The text of the readings is not modified for children but there are explanations and definitions included for each Sunday.

For a fun-filled presentation of the liturgy you may want to look at Fr. Joe Kempf's Don't Drink the Holy Water - Big Al and Annie Go to Mass, illustrated by Chris Sharp (Liguori Publications). It is written in verse and with good parent/teacher notes at the back. Check out Fr. Joe Kempf on YouTube: www.youtube.com/watch?v=1xAu0SJX0xg

Two other good books for helping your child learn about what they see inside a church are A Way through Our Church by Gertrud Mueller Nelson (Paulist Press) and What you Will See Inside a Catholic Church by Michael Keane and Aaron Pepis (Skylight Paths Publishing). The latter has companion volumes about Hindu temples, Jewish synagogues and Islamic mosques which can be a great way to begin conversations about what is similar and different between our church and the worship space of our neighbours.
Jesus Speaks to me on My First Holy Communion by Angela Burin (The Upper Room) uses the voice of Jesus himself to tell children stories from Scripture. It also includes prayers and spaces to record memories of first communion. The same author has also written Jesus Speaks to me about the Mass in the same style.