



# Heart Speaks to Heart

Reconciliation and Holy Communion

**Click the page to begin**

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**My name is**

Today

**20**

I am setting out on a wonderful journey  
to celebrate my First Reconciliation.

**God has blessed me  
and wants me to journey  
with Him always.**

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# Hello

You're about to begin a new stage of your journey with Jesus, discovering more about Him and His wonderful gifts.

When you were younger your family helped you to set out on this journey. They brought you to church to be baptised, to know the love of Jesus and to become His friend for life. Since then your family and friends have helped you to grow in faith and are with you now on this next stage of your journey – as you prepare to celebrate the Sacraments of Reconciliation and Holy Communion.

**For this journey you will need:**



### ***A backpack***

for carrying all the things you think are important as we make this journey with Jesus.



### ***A reflection book***

for recording notes and drawings about what you discover. At the end of your journey you will be able to read back and reflect on what you have written and drawn.

**Our journey will include:**



### ***Quiet prayer***

Quiet Prayer helps you to grow closer to Jesus. Jesus will be your main guide and your friend on the journey.

In each session we will take time to pray quietly together.

Try and find a special **Prayer Place** at home where you can take time to pray as you prepare for First Reconciliation and First Holy Communion.

Prayers will be provided in this book for you to use in your Prayer Place or with your family.

### ***The virtues***

The virtues help you to walk with Jesus and live with Him in friendship and love.

The virtues which we will learn about and try to develop on our journey towards First Reconciliation are: Thankfulness, Honesty and Bravery, Reflection, Friendship and Respect, Love and Forgiveness.

The virtues for our First Holy Communion journey are: Faith, Hope, Love, Stillness, Generosity and Gratitude, Courage and Reflection.

We need to practise these virtues to grow in love and friendship with Jesus.

*In this book you will meet the twins: Jess and Ryan.  
The twins are preparing for their First Reconciliation  
and First Holy Communion.*

## Here's Jess



## Here's Ryan



*Daydreaming as usual*

**Heart Speaks to Heart:** Reconciliation and Holy Communion

# Meet Grandpa

**Grandpa** is mum's dad. He lives down the street from the twins and they often go to visit him. Jess and Ryan feel that they can tell Grandpa anything: he's wise and kind and always listens to them.

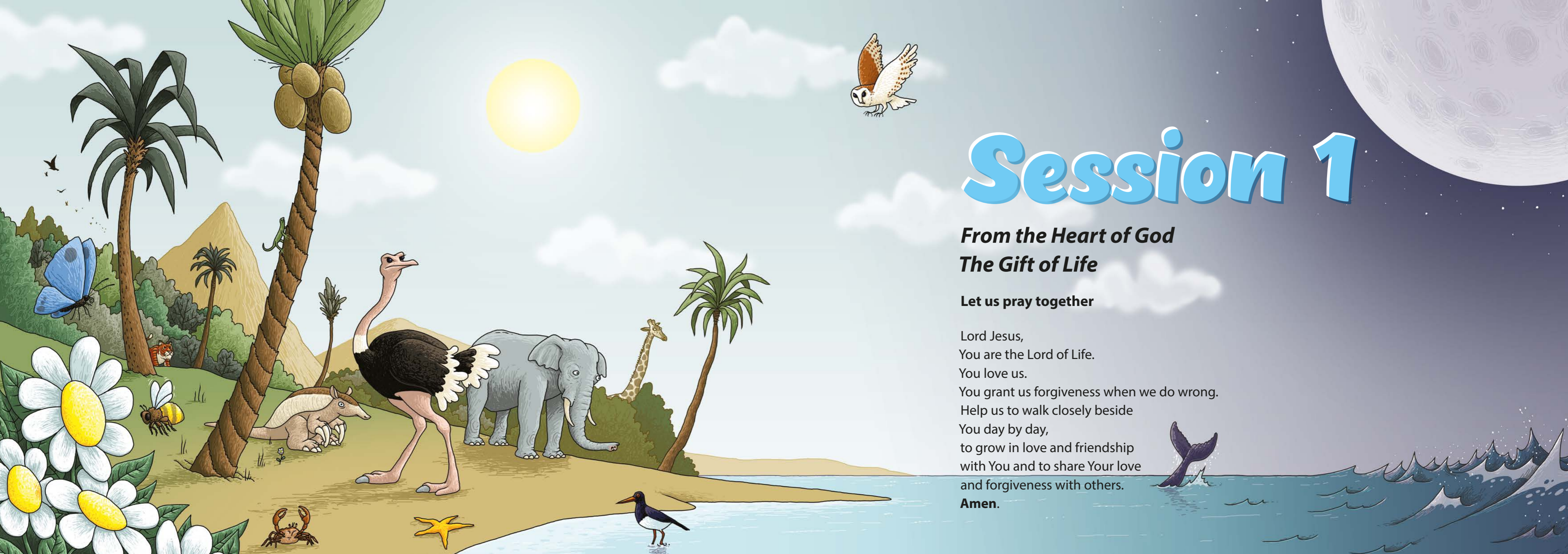
The twins talk a lot with Grandpa as they prepare for First Reconciliation and First Holy Communion. They tell him how they're feeling and what's happening in the preparation sessions. They have lots of questions too – and are sure that Grandpa will help them to find the answers.

Maybe you can help out too! What questions do you think Jess and Ryan may ask? Bring your questions and thoughts with you to talk about during the sessions.

Grandpa, Jess and Ryan are going to share in your journey as you prepare to celebrate the Sacraments of Reconciliation and Holy Communion for the first time.

**Heart Speaks to Heart:** Reconciliation and Holy Communion





# Session 1

## *From the Heart of God The Gift of Life*

### **Let us pray together**

Lord Jesus,  
You are the Lord of Life.  
You love us.  
You grant us forgiveness when we do wrong.  
Help us to walk closely beside  
You day by day,  
to grow in love and friendship  
with You and to share Your love  
and forgiveness with others.  
**Amen.**

# Let's get started

Grandpa is at the twins' house, looking after them while Mum is out.



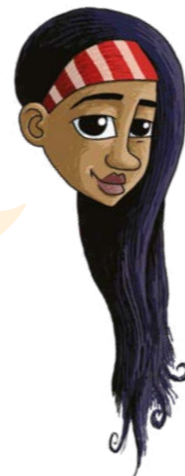
*I know that you'll be starting your preparation for First Reconciliation this week. Are you looking forward to it?*



*I'm going to try hard to be with you. And what about you, Ryan? Are you looking forward to it?*



*Take your time, Ryan. Just tell me when you're ready.*



*I think I am. All our friends will be there – and it'll be great if you can come sometimes and help us out.*



*Ermmm... ..*



*I'm a bit nervous, actually. I'm not sure what to expect.*



*That's very honest, Ryan. Now, I'll let you into a little secret: I'm a bit nervous too. We'll be meeting quite a few new people there – people I've not met before. Also, I'm not sure if I'll be able to answer all the questions you may have. Anyway, at least we're all in this together – so I'm sure we'll have a great time!*



## Talk together

As you start to prepare for your First Reconciliation:

How do you feel? Are you worried about anything?

What are you looking forward to?

Are there any questions you want to ask?

*Virtues help us to become like Jesus: they bring out the very best in us.*

*Today's virtue is*

# Thankfulness



## **Read together**

When you think about it, there is so much we have to be thankful for:

- The world we live in
- Our family and friends and all the people we know
- All the gifts we have been given
- So much more!

It's always good to say thank you to God who gives us all these marvellous things. We can thank God when we wake up for the gift of a new day. We can give Him thanks at the end of the day too – for the people we have met and for the wonderful opportunities that we have had.

**“Whatever you do, give thanks to God.”**

*(Colossians 3:17)*



# Thankfulness



# Thanking God for our wonderful world

## Read together

Underline the words which stand out for you; share why you underlined these words; write down and draw your thoughts by the side of the Bible story (it's been done on this page for you); finish off at home and add colour if you would like to.

God spoke and said:

***"Let there be light."***

And there was light.

God spoke and said:

***"Let the earth appear."***

And the earth appeared.

God spoke and said:

***"Let there be life upon the earth."***



And the earth put forth life: vegetation – plants and grasses and trees of every kind: full of seed and fruit – full of the wonder of new life.

Life spread deep into the waters of the seas; life filled the skies above; life covered the surface of the earth: living creatures crawled and slithered and leapt and ran.

God spoke and said:

***"Let us create human beings – Man and Woman: let us create them in our image to share in our life."***

So God created us – Man and Woman: you and me – He created us. God created us to share His life, to grow and to flourish. God created us to look after the earth and to care for all the creatures who live in our world.

God looked at all His creation. God spoke again and said:

***"This is very good."***

God rested after all His work and He took delight in His creation.

*Adapted from the Book of Genesis (Chapter 1)*

# Thanksgiving for the gift of Jesus

## Read together

We **thank** God for the gift of creation. We thank God for the gift of all the people we know and for people everywhere. In a special way, we **give thanks** for the gift of Jesus, who came to show us how much God loves us.

Mary, the mother of Jesus, **gave thanks**:

- When she heard the news that she would give birth to God's Son
- As she watched Jesus grow
- As Jesus showed us how to love and to forgive those who have hurt us

Jesus **gave thanks** too. One person Jesus **gave thanks** for was Mary, His Mother, as she:

- Looked after Him as a child
- Listened to Him and watched over Him as He grew to become a man
- Stood beside Him when He was dying on the Cross

## Talk together

Read the following questions. Talk together about one or two of them.

1. What are you thankful for?
2. How do you show that you are thankful?
3. What are you thankful to God for?
4. How do you show your thankfulness to God?

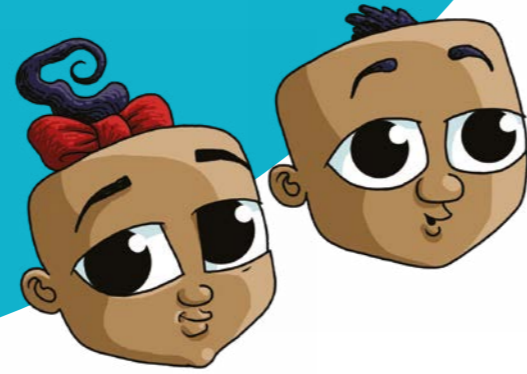
# Giving thanks

In the word search there are seven words about being thankful. Can you find them?

1. THANKFULNESS
2. GRATITUDE
3. LIFE
4. CREATION
5. LOVE
6. FAMILY
7. FRIENDSHIP

J	W	T	D	K	K	W	C	O	R	B	F	O	D	E
B	C	W	D	I	A	D	S	Y	N	R	Z	O	G	F
P	D	R	D	F	R	I	E	N	D	S	H	I	P	R
A	W	K	A	L	G	E	I	B	A	M	Y	L	P	J
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P	C	R	E	A	T	I	O	N	U	D	J	V	I	V

# Baptism: giving thanks for new life



# Jess and Ryan are baptised

## Read and talk together

When you were younger your family brought you to church to be baptised. They wanted you to be baptised into the love of Jesus, to become His friend forever and to become part of His great worldwide family – the Church. They gave you a name and they chose godparents for you. They promised to bring you up in the Catholic faith.

### At your Baptism:

- Water was poured on you **three times**: you were baptised into the life and love of God who is the Father and the Son and the Holy Spirit.
- You were anointed with two oils:
  - The Oil of Baptism: to strengthen you to turn away from sin;
  - The Oil of Chrism: to anoint you in the power of the Holy Spirit.

- You were clothed as a child of God in a white garment.
- A candle was lit for you from the flame of the Easter Candle: the Light of Christ to be your guide through life.

1. When and where were you baptised?
2. Who are your godparents? What do you know about your godparents?
3. Try and find out what happened at your Baptism. Interview someone who was there (for example, a parent or a godparent).

Baptism is one of seven sacraments, seven very important times when we meet with Jesus through the Church using special words and signs. You are now preparing to receive another sacrament:

## the Sacrament of Reconciliation.

### 1. Named and signed with the Sign of the Cross



### 2. Anointed with the Oil of Baptism



### 3. Baptised with Holy Water



### 4. Anointed with the Oil of Chrism



### 5. Clothed in a white garment



### 6. Presented with the Light of Christ





## Things to do at home or in church

1. Colour the words and drawings which you made on page 17 as you listened to the story of Creation.
2. Begin your Reflection Book. Talk to a catechist, a teacher or another adult about what you may like to record.
3. Interview someone who was present at your Baptism. Make a record of what they tell you about your Baptism. You may like to place something that reminds you of your Baptism in your Prayer Place at home (e.g. your baptismal candle, a photograph, etc.).
4. Grandpa is a great storyteller and he's made up stories about two characters called Max and Droogo who cause great mischief. These stories help us to think about how we hurt others and how good it is to say sorry.

A book of these stories is available from [evangelisation.admin@dioceseofleeds.org.uk](mailto:evangelisation.admin@dioceseofleeds.org.uk)

Read the first story about Max and Droogo together (on pages 6-9 of *The Marvellous Adventures of Max and Droogo*) and answer the questions which are at the bottom of page 9.

5. On the opposite page you will find the words of a special prayer which we often use to give glory and thanks to God (the **Glory Be**). Pray this lovely prayer each day with your family or in your Prayer Place at home. Practise the Quiet Prayer (**Jesus: my light and my life**) too.
6. Read pages 26-27 (about the questions Jess and Ryan have). Think about these questions. Bring your thoughts to share at the beginning of the next session.



## Let us pray together

- Sit quietly
- Close your eyes
- Listen to your breathing
- Be still

In the silence of your heart, slowly repeat the following words a few times:

*Jesus: my light and my life*  
*Jesus: my light and my life*  
*Jesus: my light and my life, etc.*

When you were baptised, you were baptised in the name of God who is Father, Son and Holy Spirit. Day by day it is good to give glory to God by praying the very simple prayer below. Let us conclude our session today by praying this prayer in thanksgiving to Him:

*Glory be to the Father,  
and to the Son,  
and to the Holy Spirit.  
As it was in the beginning,  
is now,  
and ever shall be,  
world without end.  
Amen.*



# Session 2

***Deep within Your Heart  
God is Calling You***


**Let us pray together**

Lord Jesus,  
You are the Lord of Life.  
You love us.  
You grant us forgiveness when we do wrong.  
Help us to walk closely beside You day by day,  
to grow in love and friendship with You  
and to share Your love and forgiveness with others.  
**Amen.**




# Celebrating our gifts


The twins are at Grandpa's and helping him to make a large chocolate cake to share with his friends at a senior citizens' party. While they bake, Jess starts to talk:




*We really had a great time at Reconciliation prep last week, Grandpa. I'm only sorry that you weren't there.*




*Well, among other things, we talked about thanksgiving and giving thanks to God for all the gifts that we have.*




*Thanks for saying so, Ryan! But what about the gifts you two have. What would you say about Jess, Ryan?*




*I'm hoping to come next time, Jess. What were you doing?*




*Yeah! I give thanks, Grandpa, for the very great gift you have – in making such excellent chocolate cake!*



*Erm... Well... Erm... She's good at skateboarding!*



*Erm... I'm not sure. I don't think that I have many gifts.*



*I know that Jess has lots of other gifts as well: with numbers and with music and at designing things – and playing well with others too! And what about your gifts, Ryan?*



*Well, Ryan, I have to tell you that you've got a fantastic imagination! And let's have a think now about your other gifts...*



## Talk together

What preparation for First Reconciliation have you been doing at home since last time?

What gifts do you think that you have?  
How can you use your gifts to help others?

*Virtues help us to become like Jesus: they bring out the very best in us.*

*Today there are two virtues:*

# Honesty & Bravery

 **Read together**

We try hard to show love but sometimes we fail and we deliberately choose to do something which we know is wrong. When we do something wrong on purpose we call this sin. When we sin:

- We hurt others
- We do not love God as we should

We need to be very brave and to be honest when we sin and do wrong: we need to tell the truth and admit what we have done.

It can be very hard to do this.

Jesus came to heal us from our sins and to show us how much God loves us. He was honest and brave and always did what was right and good. As we grow in love and friendship with Him, we come to realise that He is always with us. He helps us to find the courage to be honest and to tell the truth – to choose what is good and to turn away from what is wrong.

**Jesus says, “Be brave. I am here. Do not be afraid.”**

*(Matthew 14:27)*



**Honesty  
&  
Bravery**

# Breaking friendship with God



## Read together

Underline words; write down and draw your thoughts by the side of the Bible story.

The Lord God planted a garden and called it the Garden of Eden. God placed the Man and the Woman He had created in the garden to look after it and to help the garden to grow.

In the centre of the garden there grew a strange and wonderful tree – the Tree of the Knowledge of Good and Evil. But the fruit of the Tree was dangerous to eat. So the Lord God warned the Man and the Woman, saying: **“Do not eat the fruit from this Tree.”**

But the serpent whispered to the Woman: **“Just look at that juicy, tasty fruit, Woman. Go on: take a bite!”**

The Woman looked and she longed to eat the fruit. The Woman said:

**“Just look at that juicy, tasty fruit, Man.”**

The Man looked and he longed to eat the fruit too. Then the Man and the Woman ate the fruit: they did not listen to what the Lord God had said.

**BUT at once** the Man and the Woman were afraid. So they hid. They were not **brave** enough to speak to God and to be **honest** about what they had done.

God called to the Man and the Woman. He said:

**“Where are you?”**

But there was no answer. God knew that the Man and the Woman were hiding from Him. He understood what had happened.

He asked:

**“Have you eaten the fruit which I warned you not to eat?”**

The Man said:

**“It was the Woman. She tempted me and made me eat.”**

Then the Woman spoke up:

**“No. It was the serpent who tempted me.”**

The Man and the Woman both blamed someone else for what they had done. They were not **honest** and they broke their friendship with God.

*Adapted from the Book of Genesis (Chapters 2 and 3)*



# Jesus heals our friendship with God

## Read together

The Man and the Woman broke friendship with God by their sin. They did not listen to God; they were not honest with Him. Jesus came to heal our friendship with God, to help us to grow in love with Him and to turn away from sin.

One man who became a great friend of Jesus was Peter. However, on the night that Jesus was arrested, Peter was afraid and he ran away. That night Peter was asked three times if he knew Jesus but three times Peter said, *“I do not know Jesus.”* Peter was not **brave** enough or **honest** enough to tell the truth about his friendship with Jesus.

**But then** Peter wept. He was **honest** with himself: he knew that he had done wrong and was sorry for what he had done.

**So** when Jesus rose from the dead, He was not angry with Peter. He knew that Peter was sorry and Jesus spoke to Peter as a friend. Peter was reconciled with Jesus: he became a faithful friend to Him from that time on.

## Talk together

Read the following questions. Talk together about one or two of them.

1. How do we damage our friendships with other people?
2. How do we damage our friendship with God?
3. How do we become friends with others again?
4. How do we become friends with God again?

# Sins and mistakes

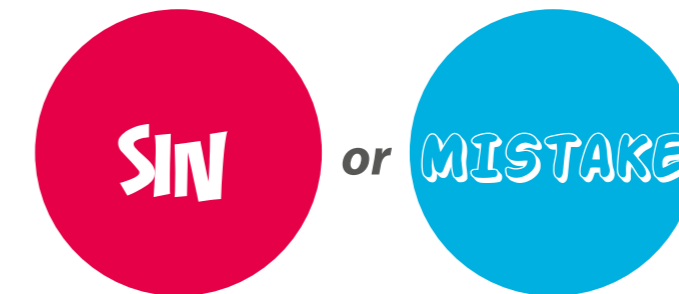
When we do something wrong on purpose, we call that a **SIN**; sometimes we do something wrong by accident and we call that making a **MISTAKE**. We do not need to confess mistakes.

Which of the following are **SINS** and which are **MISTAKES**? Draw a line to the SIN or MISTAKE bubble from each situation box to show whether you think that the child has sinned or made a mistake.

Chloe sees a new mobile phone which a girl has just left behind on the lunch table. She feels a bit bad – as she slips it in her pocket and leaves.

Lola knows how worried her friend is about being bullied – but she still sends her nasty, anonymous messages to make her upset.

Marc is a toddler. He has not yet learnt that it is wrong to take toys from other children by pushing and shoving them.



*“Oops,”* Alex thinks as he drops his aunt’s iPad. At first he pretends that he has done nothing but then feels bad and confesses.

Lindsay is a child who needs additional help and does not understand that hurting others is wrong. She thinks that they are just playing.

Jovan is so angry about the nasty things that are being said to him that he hits out and accidentally hurts another boy.

# Making good choices

## Read and talk together

There are so many things to choose from in life. Some of the things we can choose to do are good and are life-giving. Other things are bad and choosing them means that we make a mess of our lives – just like the Man and the Woman did in the story of the Garden of Eden!

We need to be able to make the right choices and to do what is good. God helps us to make the right choices: He gives us a great gift – **CONSCIENCE**.

**Conscience** is a special sense we have, like a voice deep in our hearts; it helps us to make the right choices and to grow in friendship with God. Through our conscience, God shows us which choices are good and bring out the best in us, and which choices are wrong and hurt us and hurt other people too.

It is good to take time to think about the choices we have made, to see what we have done wrong and to think about how we could do things better. When we do this we are making an **Examination of Conscience**. A great time to **examine your conscience** is just before you go to bed. Each night ask yourself:

### **Have I made good choices today?**

- Have I loved God with all my heart and grown in friendship with Him?
- Have I loved other people as I should or have I hurt anyone?

**Be honest with God in the answers you give.**

# Chocolate cake temptation

Grandpa's chocolate cake has come out of the oven and he's cut it into small pieces, ready to share with his friends. Grandpa has left the cake out on a kitchen surface and gone to get ready for the senior citizens' party.

Ryan comes into the kitchen.



Ryan looks around. There's nobody about: he takes a piece of cake. He looks around again. Still nobody. Ryan takes another piece – and another – and another...

When Grandpa returns he discovers that quite a lot of the cake has disappeared! Ryan is in the next room – watching TV.

**"Ryan, have you taken any of the chocolate cake?"** Grandpa asks him.



**"No, Grandpa,"**

Ryan replies and quickly adds,

**"It must have been Jess!"**

**"Hmmm,"** says Grandpa looking hard at Ryan.

**What choices has Ryan been faced with and what has he done that is wrong?**

# At home



## Things to do at home or in church

1. Colour the words and drawings which you made on pages 30-31 as you listened to the story of the Garden of Eden.
2. Make entries in your Reflection Book. Talk to a catechist, a teacher or another adult about what you may like to record.
3. Before going to sleep look back over the day. Ask yourself:

## Have I made good choices today?

- Have I loved God with all my heart and grown in friendship with Him?
- Have I loved other people as I should or have I hurt anyone?

Ask God to bless you and to forgive you for the times you have not loved as you should.

4. Read the second story about Max and Droogo together (on pages 10-13 of *The Marvellous Adventures of Max and Droogo*) and answer the questions which are at the bottom of page 13.
5. On the opposite page you will find the words of a special prayer which we often use to honour Mary, the Mother of Jesus (the **Hail Mary**). Pray this lovely prayer each day with your family or in your Prayer Place at home. Practise the Quiet Prayer (**Lord Jesus: my guardian and my guide**) too.
6. Read pages 40-41 (about the questions Jess and Ryan have). Think about these questions. Bring your thoughts to share at the beginning of the next session.

# Praying in honesty before God



## Let us pray together

- Sit quietly
- Close your eyes
- Listen to your breathing
- Be still

In the silence of your heart, slowly repeat the following words a few times:

*Lord Jesus: my guardian and my guide*

*Lord Jesus: my guardian and my guide*

*Lord Jesus: my guardian and my guide, etc.*

Mary, the Mother of Jesus, walked with God and made wise choices: she listened to God and accepted the gift of her child. Mary was very brave: she watched Jesus grow; she watched Him die on the Cross. We honour Mary as Mother of Jesus and our Mother as we say together:

*Hail Mary, full of grace,  
the Lord is with thee.*

*Blessed art thou among women  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.*



# Session 3

## *From the Heart of God The Call to Love*

### **Let us pray together**

Lord Jesus,  
You are the Lord of Life.  
You love us.  
You grant us forgiveness when we do wrong and sin.  
Help us to walk closely beside You day by day,  
to grow in love and friendship with You  
and to share Your love and forgiveness with others.  
**Amen.**

# Thinking about the choices we make

The twins burst into Grandpa's house and discover him sitting in a chair with his eyes closed.



*Sorry, Grandpa. Were you praying?*



*Yes, I think so. Conscience is like the voice of God speaking in our hearts, helping us to make good choices.*



*No problem! Don't worry, Jess. In fact, I was examining my conscience. When I came with you last time to First Reconciliation prep, we were talking about 'conscience'. Do you remember what your conscience is?*



*That's a really good answer, Jess. Well, I've been taking time to think about the choices I've made and particularly some of my wrong choices – so that I know the sins that I want to confess next time I go to Confession.*



*I don't believe that you have any sins, Grandpa! You're always so kind and considerate.*



*So, what are your sins then, Grandpa?*

*Oh, I'm afraid that I do, Jess. I'm very far from perfect.*



*Well, it's really private, Ryan, between God and me. But what we could do is talk about the sort of sins people do and then need to tell the priest in Confession. Would you like to do that?*



## Talk together

What preparation for First Reconciliation have you been doing at home since last time?

What are some of the right things and some of the wrong things that people do? The questions on page 48 may give you some ideas. Why do you think that these things are right or wrong?

*Virtues help us to become like Jesus: they bring out the very best in us.*

*Today's virtue is*

# Reflection

 **Read together**

Sometimes it is not clear what we should do and we need to take time to think and reflect before we decide what the right thing to do is. The advice of wise people (like an older member of the family, a teacher or a priest) can help us to make the right choice.

Jesus helps us to make the right choices and do what is good. He does this through His teaching and through the example of His life. Also, deep within our hearts, Jesus speaks to us through our conscience, guiding us day by day. We should take time to listen to Him and reflect on what He is saying to us. This will help us to turn away from what is wrong and to do what is right.

**“Lord, my light and my help.”**

*(Psalm 27:1)*



**Reflection**



# God's Commandments: the help we need to make good choices



## Read together

Underline words; write down and draw your thoughts by the side of the Bible story.

Long before the time of Jesus, God's people were slaves in the land of Egypt. God called Moses to set them free.

On their journey to freedom, Moses and the people came to a high mountain – Mount Sinai. On the peak of the mountain, God spoke to Moses from the midst of a blazing fire. God gave Moses the 10 Commandments to help His people to make the right choices and so to grow in love and friendship with Him.

Moses shared God's Commandments with the people and they tried to follow what God taught them. Sadly, often they would make bad choices and turn their backs on God and do what was wrong and sin.

Jesus came to bring us back to God, to forgive our sins, to follow Him and to be His friend always.

Jesus taught us that the most important commandment is **love**. Jesus said:  
*"You must **love** the Lord your God with all your heart and with all your soul and with all your mind and with all your strength,"*  
and  
*"You must **love** other people as yourself."*

Jesus also said:  
*"**Love** one another as I have **loved** you. You are my friends if you do what I command you: what I command you is to **love** one another."*

Jesus calls us to choose what is good and to show **love** just as He did – always.

*Adapted from the Book of Exodus and the Gospels*

# The 10 Commandments

## Read together

Below are the 10 Commandments which God gave to Moses. Following these commandments helps us to make good choices and to grow in love and friendship with God. In the 10 Commandments, God taught us that we should:

- Respect the property of others and not steal
- Tell the truth and not tell lies
- Respect other people's families
- Respect what other people have and not desire it for ourselves

## **Love God with all our heart**

We should:

- Worship the Lord our God and serve Him alone and not worship anything which we have made
- Speak of the Lord God only with honour and respect
- Mark the Lord's Day of Rest as a special day and keep that day holy: for Christians the Day of Rest is Sunday (the day that Jesus rose from the dead)

## **Love other people as ourselves**

We should:

- Love and respect our parents and those who care for us
- Respect all life and not kill
- Respect our families

God's people have tried to live by these Commandments ever since the time of Moses.

## Talk together

Read the following questions. Talk together about one or two of them.

1. How have other people shown you love?
2. How did Jesus show love?
3. What things have you done or said which are loving?
4. What sort of things are not loving?
5. How do you show your love for God?

# What is Love?

## When do you feel loved?

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---

God wrote the Commandments on two tablets of stone and gave them to Moses. Below are two tablets. Write on the tablets ways you show love.

## 3 ways you show you love God

---



---



---

## 3 ways you show you love others

---



---




---



# An Examination of Conscience

## Read and talk together

 When we take time and look carefully at our lives we begin to notice the many good things we do, but we also notice the bad things when we do not show love for God or for others – when we sin. When we reflect in this way, we say that we are examining our conscience.

Below are some questions to help you make an Examination of Conscience:

- Do I pray every day?
- Do I always show respect for God?
- Do I use God's name in a bad way?
- Do I go to church on Sundays and other holy days?
- Do I always show respect for my parents and other adults?
- Do I disobey or not listen to my parents or others who care for me?

- Do I get angry and fight with others?
- Do I steal?
- Do I lie or cheat (at school, at home, in games, in sports)?
- Do I refuse to help others?
- Do I refuse to share with others?
- Do I hurt others?
- Do I make fun of others?
- Do I exclude others e.g. by ignoring them or not playing with them?
- Do I remember to thank people, especially those who care for me?
- Do I forgive others?

Are there things in your life that you want to confess and say sorry to God for?

# Ryan examines his conscience



Ryan is making an Examination of Conscience: he is trying to remember what he has done wrong to tell the priest at his First Reconciliation.

Ryan looks at an Examination of Conscience list like the one on page 48. The questions help him

to remember what he has done. He remembers that he stole pieces of Grandpa's chocolate cake – and also that he blamed Jess. Ryan makes a promise to himself to confess these sins when he celebrates his First Reconciliation.



As he makes this promise, Ryan also decides that he must tell the truth about what he has done and say sorry to Grandpa.

*Well done, Ryan, for telling the truth. That takes great courage. Now, what about saying sorry to Jess too? Then we can all make another chocolate cake – and eat it together!*



**Do you know what sins you want to confess to the priest during your First Reconciliation?**

After you've confessed your sins to the priest, he won't tell anybody what you say.

# At home



## Things to do at home or in church

1. Colour the words and drawings which you made on pages 44-45 as you listened to the story about Moses and about Jesus.
2. Make entries in your Reflection Book. Talk to a catechist, a teacher or another adult about what you may like to record.
3. Use the Examination of Conscience on page 48 to help you to make your own Examination of Conscience. Try and remember your sins to tell the priest when you go to celebrate the Sacrament of Reconciliation for the first time.
4. Read the third story about Max and Droogo together (on pages 14-17 of *The Marvellous Adventures of Max and Droogo*) and answer the questions which are at the bottom of page 17.
5. On the opposite page you will find the words of the special prayer which Jesus gave us when he taught us to pray (the **Our Father**). Pray this lovely prayer each day with your family or in your Prayer Place at home. Practise the Quiet Prayer (**I love You, Lord**) too.
6. Read pages 54-55 (about the questions Jess and Ryan have). Think about these questions. Bring your thoughts to share at the beginning of the next session.

# Praying with reflection



## Let us pray together

- Sit quietly
- Close your eyes
- Listen to your breathing
- Be still

In the silence of your heart, slowly repeat the following words a few times:

*I love You, Lord: with all my heart*  
*I love You, Lord: with all my heart*  
*I love You, Lord: with all my heart, etc.*

Jesus taught His friends the disciples to pray. He gave them the words of the Our Father. This is the prayer He wants us to pray too – every day. Let's conclude our session today by praying together:

*Our Father, who art in heaven,  
hallowed be Thy Name;  
Thy kingdom come,  
Thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
Amen.*



# Session 4

## *Turning to God With All My Heart*

### **Let us pray together**

Lord Jesus,  
You are the Lord of Life.  
You love us.  
You grant us forgiveness when we do wrong and sin.  
Help us to walk closely beside You day by day,  
to grow in love and friendship with You  
and to share Your love and forgiveness with others.  
**Amen.**

# Getting near 'The Big Day'

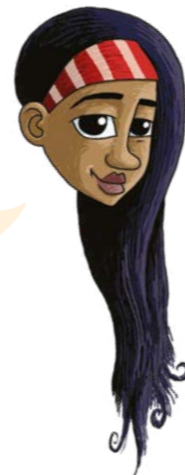
The twins are having tea at Grandpa's.



*We're getting quite near the day of your First Reconciliation, kids. How are you feeling?*



*Hmmm. Me too!*



*I'm feeling a bit nervous, Grandpa.*



*Well, I also feel a bit nervous every time I go to Confession: it's not easy to be honest and tell someone what you've done wrong. But the priest is always kind and won't tell anyone what you've done.*



*Grandpa, I notice that you often talk about going to Confession but in our prep sessions we say we're going to celebrate the Sacrament of Reconciliation. Is there a difference?*



*No. They are just different words we use to describe this Sacrament. I usually talk about 'Going to Confession' – which reminds me that I need to be brave and be honest about my sins. We use the word 'Reconciliation' to describe what happens in this Sacrament. Once we've confessed our sins and said sorry, then God forgives us and we are reconciled: we've become friends with Him again.*



## **Talk together**

**What preparation for First Reconciliation have you been doing at home since last time?**

**How are you feeling as the big day of your First Reconciliation approaches?**

**What will help you to prepare well for your First Reconciliation?**

*Virtues help us to become like Jesus: they bring out the very best in us.*

*Today there are two virtues:*

# Friendship & Respect

 **Read together**

When we are friends with someone we always want the best for them. We treat our friends with respect and do not treat them badly.

Jesus called His disciples 'friends' and He thinks of each one of us as His friend. He respects and loves us always

and wants the very best for us. We try to live as the friends of Jesus and show His love and kindness in our lives. As Christians, the friends of Jesus, we try to respect all people and all of creation.

**“Love one another in true friendship and show respect for each other.”**  
*(Romans 12:10)*



**Friendship  
&  
Respect**

# Jesus makes friends with Zacchaeus



## Read together

Underline words; write down and draw your thoughts by the side of the Bible story.

One day Jesus came to the town of Jericho. In Jericho there lived a man called Zacchaeus. Zacchaeus was very rich and very selfish; he cheated people out of their money; he did not **respect** others and treated them badly. Zacchaeus had no **friends**.

Zacchaeus had heard all about Jesus and wanted to see Him – but Zacchaeus was very short and could not see Jesus because of the crowds. So he climbed a tall sycamore tree.

When Jesus passed below the tree, He looked up and said:  
*“Come down quickly, Zacchaeus. Today I wish to stay with you in your house.”*

Zacchaeus was very happy. He climbed down and took Jesus to his home where they ate together. Although Zacchaeus was very selfish, Jesus showed him **respect** and treated him as a **friend**.

Zacchaeus was very moved by the way Jesus treated him. He said:

*“Thank you for treating me, a sinner, with **respect** and becoming my **friend**. As your **friend**, I know what I must do now: I will give the money back to the people that I have cheated; I will give what I can to the poor.”*

Jesus **respected** Zacchaeus and forgave him his sins. In response Zacchaeus gave away much of what he owned: he now showed **respect** for others – especially the poor and needy.

*Adapted from the Gospel of St Luke (Chapter 19)*

# Steps to becoming friends again

## Read together

Zacchaeus had been very selfish and hurt other people. When we hurt others we harm our friendship with them. To become good friends again we need to:

1. Feel sorry for what we have done; another word for feeling sorry is **contrition**
2. Take time to reflect on what we have done and decide how we can best say sorry to our friend
3. Be honest and admit what we have done wrong; another word for this is **CONFESSION**
4. Say sorry to the friend we have hurt. We put into words the **contrition** we feel
5. Show we are sorry by making up to our friend with an act of friendship

It is important that we show that we are sorry as well as saying sorry. Another word for something we do to show that we are sorry is **PENANCE**.

When we have done all this, we hope our friend will forgive us so that we can become friends again.

## Talk together

Read the following questions. Talk together about one or two of them.

1. How do we show respect for other people?
2. How do we show respect for creation?
3. How do we show respect for God?
4. Our sins damage our friendship with God. How do we become friends with God again?

# Jess tries to make friends again

Jess is looking forward to going skateboarding with her friends. Ryan wants to come too but Jess is not keen. Ryan is so slow and is always falling behind – it's all that daydreaming: he never concentrates! Reluctantly, however, Jess agrees and Ryan goes with her.

When Ryan lags behind for the third time, Jess loses her cool:



*Ryan, you're hopeless! Just go home! We don't want you with us anymore!*

Ryan is really upset and goes off home.

Jess is very sorry for what she's done. She knows how much she has hurt Ryan. Jess goes to Ryan and says sorry. Jess feels so much better when she has said sorry.

**What should you do when you know that you have hurt someone?**



# Reconciliation: becoming friends with God again

## Read and talk together

In the Sacrament of Reconciliation we become friends with God again after we have failed to show Him love because of our sins.

### Before we celebrate the Sacrament:

- 1. Examination of Conscience:** we take time to **reflect** on what we have done wrong and decide what we want to confess to the priest.
- 2. Contrition:** we **feel** sorry that we have chosen to sin and make a firm decision not to sin again.

### During the celebration of the Sacrament:

- 1. Confession:** we are honest about what we have done; we **tell** the priest our sins.
- 2. Penance:** the priest will ask us to do something to **show** that we are sorry and want to **make up** for our sins.

The **penance** may be a prayer or an act of kindness.

- 3. An Act of Contrition:** we apologise to God and **say** sorry for our sins by using a special prayer (see page 67).
- 4. Absolution:** through another special prayer, the priest grants us God's **forgiveness**. Through this absolution God gives us a special gift: His **grace**. God's grace helps us to grow in love and friendship with God and with others too.

### Afterwards:

- 1.** We remember to do the **penance** which the priest has given us – straightaway, if possible.
- 2.** We give thanks to God for His forgiveness and for the gift of His **grace**.

It's always hard to say sorry, but we feel better when we have celebrated the Sacrament of Reconciliation.

# Find the meaning

Below there are **FIVE** steps to Reconciliation with God. Match the step (1-5) with the right meaning (A-E). Draw a line to connect each step with its meaning. Clues to the answers can be found on page 62.

- 1. Examination of Conscience**
- 2. Confession**
- 3. Penance**
- 4. Contrition**
- 5. Absolution**

- A.** Showing we are sorry and making up for our sins
- B.** The forgiveness of our sins
- C.** Telling the priest about our sins
- D.** Taking time to reflect on what we have done wrong
- E.** Feeling and saying sorry for our sins

Now write out the meaning of each 'step' below. You can use your own words or the words given on page 62.

- 1.** An **Examination of Conscience** is \_\_\_\_\_
- 2.** **Confession** is \_\_\_\_\_
- 3.** **Penance** is \_\_\_\_\_
- 4.** **Contrition** is \_\_\_\_\_
- 5.** **Absolution** is \_\_\_\_\_



# Celebrating the Sacrament of Reconciliation

## Read together

You celebrate the Sacrament of Reconciliation with a priest. You will either sit beside him or the priest will be behind a screen in a Confessional.

Find out where you will celebrate First Reconciliation, where you have to sit or kneel and where the priest will be.



**Before the celebration of the Sacrament:**  
**Examine your Conscience** and try to remember the sins you want to tell the priest.



*Bless me, Father, for I have sinned. This is my first Confession. These are my sins.*

## **During the celebration of the Sacrament:**

- The priest welcomes you.
- Make the Sign of the Cross and say **Amen** with the priest.
- Say:

- **Confess** your sins to the priest. At the end of your Confession, say: *“Those are all the sins that I can remember.”*
- The priest listens to you. He asks you to:
  - do an act of penance later
  - make an Act of Contrition now:



*O my God, because you are so good I am very sorry that I have sinned against you, and by the help of your grace I will not sin again. Amen.*

- The priest prays the **Prayer of Absolution**.
- Listen carefully to the beautiful words of the prayer.

The prayer ends:

*I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen.*



- As the priest says this, make the Sign of the Cross and say **Amen** with the priest.
- The priest will then say, *“The Lord has freed you from your sins. Go in peace.”*
- You reply, *“Thanks be to God.”*
- Thank the priest and leave him.

Give thanks to God in church and do your **penance** as soon as you can.



## Things to do at home or in church

1. Colour the words and drawings which you made on pages 58-59 as you listened to the story of Zacchaeus.
2. Make entries in your Reflection Book. Talk to a catechist, a teacher or another adult about what you may like to record.
3. For your penance, the priest may well ask you to say a simple prayer. This prayer may be the **Our Father** (see page 51), the **Hail Mary** (see page 37) or the **Glory be** (see page 23). Make sure that you know these prayers off by heart so that you can pray them soon after Confession if the priest asks you to say one of them as your penance.

4. Read the fourth story about Max and Droogo together (on pages 18-21 of *The Marvellous Adventures of Max and Droogo*) and answer the questions which are at the bottom of page 21.
5. On the opposite page you will find the words of a simple Act of Contrition which you may use when you celebrate your First Reconciliation (**O my God, because you are so good**). Pray this lovely prayer each day with your family or in your Prayer Place at home. Practise the Quiet Prayer (**O my God: God of love and mercy**) too.
6. Read pages 70-71 (about the questions Jess and Ryan have). Think about these questions. Bring your thoughts to share at the beginning of the next session.



## Let us pray together

- Sit quietly
- Close your eyes
- Listen to your breathing
- Be still

In the silence of your heart, slowly repeat the following words a few times:

*O my God: God of love and mercy*  
*O my God: God of love and mercy*  
*O my God: God of love and mercy, etc.*

When you come to celebrate the Sacrament of Reconciliation, the priest will ask you to make an **Act of Contrition**. Below are the words of an Act of Contrition which you can use. Try and learn the prayer off by heart. As we end our session today, let's pray it together **three times**:

*O my God, because You are so good*  
*I am very sorry that I have sinned against You,*  
*and by the help of Your grace*  
*I will not sin again.*  
*Amen.*



# Session 5

*The Loving Heart of Jesus  
Welcome Home!*

**Let us pray together**

Lord Jesus,  
You are the Lord of Life.  
You love us.  
You grant us forgiveness when we do wrong and sin.  
Help us to walk closely beside You day by day,  
to grow in love and friendship with You  
and to share Your love and forgiveness with others.  
**Amen.**

# Preparing for the final session



*First Reconciliation: it's nearly upon us, kids!*



*So am I, Grandpa. I'm frightened that I'll forget what to say!*

*Well, let's go through it all again – and we'll do the same on the morning of your First Confession. Remember too that the priest will help you. This should calm those nerves a bit!*

*When you come to the priest, he will welcome you and together you make the Sign of the Cross. You should then say, "Bless me, Father, for I have sinned." You add, "This is my First Confession."*

*Do you know what happens next?*



*I'm still feeling a bit nervous.*



*Erm... ..*

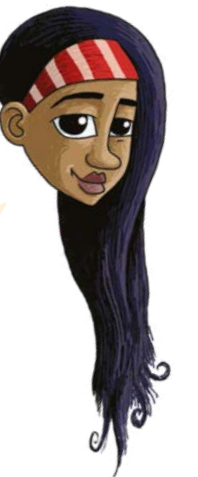


*That's right, Jess. Don't be afraid: remember that the priest will never tell anyone your sins. Then the priest will talk to you about how we can be better friends of Jesus and he will give you a penance to do – to show how much you want to be friends with God again.*



*Exactly, Ryan. Then the priest will say the Prayer of Absolution, forgiving your sins. Thank the priest and leave to do your penance. Simple!*

*We tell the priest our sins.*



*Then we make our Act of Contrition, don't we Grandpa – to say sorry.*



## **Talk together**

**What preparation for First Reconciliation have you been doing at home since last time?**

**Do you remember what you have to do and say for your First Reconciliation?**

**How are you feeling now? Do you have any other questions?**

*Virtues help us to become like Jesus: they bring out the very best in us.*

*Today there are two virtues:*

# Love & Forgiveness

## **Read together**

When someone has hurt us, it is always good to give them another chance: we should show them love and forgive them – we should try to be friends again.

Sometimes it is hard to forgive other people. Sometimes other people may not forgive us; God, however, is always ready to forgive. He is waiting for us to come to Him and to say sorry for what we have done wrong so that we can be friends again. This is what we do when we celebrate the Sacrament of Reconciliation.

**“Lord, You are good and forgiving;  
full of merciful love for everyone.”**

*(Psalm 86:5)*



**Love  
&  
Forgiveness**

# Joseph forgives his brothers



## Read together

Underline words; write down and draw your thoughts by the side of the Bible story.

There once lived a man called Jacob in the land of Canaan. Jacob had 12 sons but Joseph was his favourite son. Joseph had a special gift: he could explain the meaning of dreams.

Joseph's brothers were jealous of him; they threw him into a deep well; they sold him to some merchant-traders. The merchants took Joseph to the land of Egypt; they sold him there as a slave. Meanwhile, the brothers told their father Jacob that wild beasts had killed Joseph. Jacob wept and wept – he **loved** Joseph so much.

**Back in Egypt** Pharaoh the King had some strange dreams. Only Joseph was able to tell him what the dreams meant: seven years of rich harvests would be followed by seven years of famine when the crops would fail.

Pharaoh said:

*“Wow, Joseph! You’re a really clever chap. I’m going to make you my second-in-command. Store up grain for us now so that in seven years’ time we’ll have enough to eat.”*

Seven years later: famine struck!

**Back in Canaan** Joseph's brothers and their father, Jacob, were starving. Jacob sent his sons to Egypt to buy corn.

**Back in Egypt** Joseph's brothers did not recognise Joseph – but he knew them alright! Joseph tested his brothers: he threatened to keep Benjamin, his youngest brother, as his slave. The brothers said:

*“How will our father feel when Benjamin does not return? He was really upset about Joseph. Let’s be honest, we did great harm to Joseph and then we lied to our father.”*

So the brothers confessed the wrong they had done by selling Joseph as a slave.

Joseph could not keep his secret any longer. He wept and said:

*“Men of Canaan, I am Joseph: your brother.”*

The brothers were astonished. Joseph continued:

*“Do not be afraid. You sent me here to Egypt as a slave but God has brought good out of the evil you have done. I can help to feed you and from now on we can live together as true brothers in deep friendship – always.”*

Joseph did not punish his brothers. Instead he **forgave** them because he **loved** them. Joseph and his brothers lived together in peace and friendship from that time on.

*Adapted from the Book of Genesis (Chapters 37-45)*

# 'I wonder'



Read the story on the page opposite. As you read, imagine that you are the father or the son.

Write a sentence or draw a picture in each box below. Reading the story:

What do you **see**?

What do you **think** is happening?

What does it make you **wonder**?

# A father forgives his son

 **Read together**  
Jesus told this story.

There was once a rich man who had two sons.

The younger son said to his father:

***"Father, give me my share of your property now."***

The father divided his property and the younger brother took his share. He went to a foreign country and spent all he had – on the finest foods, the finest clothes, the finest chariots: on all that a young man could ever want in those days.

Soon he had no money left and he had to work among the pigs. One day, as he fed the pigs, the young man thought to himself:

***"This is silly! My father's servants have all they want, and here am I – glad to eat the food that the pigs leave! I will return to my father and confess to him that I have done wrong: I have sinned against God and against my father."***

***"I will ask my father to take me back as one of his servants."***

So the young man set off home. But when he was still a long way off, his father saw him in the distance and was filled with **love**. The father ran to meet his son; the father hugged him and kissed him and welcomed him back home.

The son began to speak:

***"Father, I have sinned against God and against you: I am no longer worthy to be called your son ..."***

But before the young man could finish, his father said to his servants:

***"Quickly! Fetch the finest robes we have – and let's celebrate: my son who was lost is now found!"***

The father **forgave** his selfish **prodigal** son.

*Adapted from the Gospel of St Luke (Chapter 15)*

# The forgiveness of God

## Read and talk together

Jesus told the story of the Prodigal Son about a son who was forgiven by his loving father. Jesus came to bring us the loving forgiveness of God, our Father.

Jesus forgave many people their sins (people like Zacchaeus) and when He rose from the dead, He said to His disciples: **“If you forgive the sins of anyone, they are forgiven.”** Jesus gave His disciples the power to forgive sins in His name.

Today priests forgive sins in the name of God. In the Sacrament of Reconciliation the priest will forgive you your sins.

- What does it feel like when you are forgiven?
- What do you think that it will feel like when God forgives you?

There were great celebrations when the Prodigal Son returned to his loving father.

- How will you celebrate after your First Reconciliation?
- How will you continue to be a loving friend of Jesus and show His love to others?

Take a little time now to go over the steps that you need to take to celebrate your First Reconciliation.

**Examination of Conscience**  
**CONFESSION PENANCE**  
**CONTRITION**  
**ABSOLUTION**

- Do you remember what these words mean?  
See pages 62-63.

# God always forgives

Jess is talking to Grandpa soon after her quarrel with Ryan when they went skateboarding together. **“Grandpa,”** Jess says, **“I know that it was wrong of me to get angry with Ryan but I’m really upset. I’ve said sorry but he won’t forgive me: he’s still not talking to me.”**



*First of all: well done for saying sorry, Jess. Sometimes it’s hard to forgive because we feel so hurt and angry – and that’s probably how Ryan is feeling. Remember, though, that God always forgives us. Let me have a word with Ryan and I’ll see what I can do!*



After Grandpa has a word with Ryan, Ryan decides that he needs to make friends with Jess again.

Jess makes a promise to herself to invite Ryan along next time she and her friends go skateboarding. Ryan promises not to daydream – so much!

- Do you always try to forgive someone who has hurt you?
- Do you remember any time when you found it hard to forgive someone? How did you start to try and forgive that person?





## Things to do at home or in church

1. Read over pages 64-65 again and your *How to Celebrate the Sacrament of Reconciliation* card. Make sure that you know what to do and say for your First Reconciliation. Try and find time to make another Examination of Conscience: is there anything you want to add to the sins you plan to **confess** to the priest?
2. Colour the words and drawings which you made on pages 74-75 as you listened to the story about Joseph and his brothers.
3. Make entries in your Reflection Book. Talk to a catechist, a teacher or another adult about what you may like to record.
4. Read the fifth story about Max and Droogo together (on pages 22-25 of *The Marvellous Adventures of Max and Droogo*) and answer the questions which are at the bottom of page 25.
5. Practise praying the prayer opposite (**Lord Jesus**) each day with your family or in your Prayer Place at home and this week's Quiet Prayer (**Forgive me, Jesus**) too.
6. After your First Reconciliation you can make a new start. What good things do you intend to do then? Write them down in your Reflection Book.
7. It is good to come and say sorry to God through the Sacrament of Reconciliation. Catholics usually celebrate the Sacrament of Reconciliation with God at least once a year but celebrating more often helps us to grow in friendship with Jesus. Find out when Confession takes place in your Parish (usually on a Saturday). Talk with a catechist, a teacher or another adult about when and how often you could celebrate the Sacrament of Reconciliation. Make a commitment in writing to do this.



## Let us pray together

- Sit quietly
- Close your eyes
- Listen to your breathing
- Be still

In the silence of your heart, slowly repeat the following words a few times:

***Forgive me, Jesus: my friend and my Lord***  
***Forgive me, Jesus: my friend and my Lord***  
***Forgive me, Jesus: my friend and my Lord, etc.***

As you prepare for that great day of your First Reconciliation, let us end our session today by praying together this special prayer below:

***Lord Jesus,***  
***I love You;***  
***I trust You;***  
***I am not afraid.***  
***You are always loving and full of mercy.***  
***Forgive me those times when I have hurt You***  
***and have hurt others.***  
***Help me to live always as Your friend***  
***and not to sin again.***  
***Amen.***



**Today**

\_\_\_\_\_ **20** \_\_\_\_\_

in my parish church of

\_\_\_\_\_

in the town/city of

\_\_\_\_\_

I celebrated the Sacrament of Reconciliation  
for the very first time.

**Thank you Jesus  
for this great gift.**



**My Name is**

---

**Today**

**20**

---

I am setting out on a wonderful journey  
to make my First Holy Communion.

**God has blessed me  
and wants me to journey  
with Him always.**



# Session 1

## *My Life's Journey A Journey in Faith*

### **Let us pray together**

Lord Jesus,  
You are the Bread of Life.  
You love me;  
You nourish me;  
You strengthen me.  
Help me to grow in love and friendship with You,  
so that, day by day, I may become more like You.  
**Amen.**

# Let's get started!

Grandpa is at home doing a bit of tidying up when Jess and Ryan burst in. The twins start to help him but soon they are all sitting down, the twins listening intently to Grandpa, hanging on every word as he tells one of his amazing stories – and he has an unlimited store of them!

When Grandpa comes to the end of his story, Jess suddenly speaks:



*You know we are starting to prepare for our First Holy Communion next week, Grandpa.*

*I'm really excited. The sessions for 1st Reconciliation were really great - talking to you and Mum about our faith - and having all our friends around too!*

*I do indeed, Jess. In fact I'll be coming along with you when Mum can't make it. How are you feeling, Jess, as we start out on this adventure?*



*And what about you, Ryan? How are you feeling?*



*Well, what are you looking forward to then?*



*Erm... ..*



*Erm... ..*

## **Talk together**

How would you answer Grandpa's questions as you start to prepare for your First Holy Communion?

**How do you feel?**

**What are you looking forward to?**

**Also: do you have any different questions you want to ask?**

*Virtues help us to become like Jesus: they bring out the very best in us.*

*Today's virtue is*  
**Faith**



**Read together**

When we have faith, we also have trust. If we have faith in someone, we trust them and are sure that they will not let us down. We believe that they tell us the truth and show us what they are really like. We then begin to grow in friendship.

Over our lives we learn to believe in Jesus and to trust Him as a friend. Wherever we are, whatever we do, we know that Jesus is always there for us: He won't let us down; He tells us the truth; we can rely on Him; He is a true friend.

**“When I am afraid, I put my trust in You.”**  
*(Psalm 56:3)*



# Having faith in Jesus



## Read together

Underline the words which stand out for you; share why you underlined these words; write down and draw your thoughts by the side of the Bible story (it's been done on this page for you); finish off at home and add colour if you would like to.

One day an army officer called a centurion came to see Jesus. Centurions had command over one hundred men.

The centurion's servant was very ill. The centurion had heard all about Jesus and was sure that Jesus would be able to heal his servant.

When he heard about the sick man, Jesus said: **"I will come at once."**



The centurion replied:

**"Lord, I am not worthy that you should enter under my roof but only say the word and my servant shall be healed."**

The centurion continued:

**"I'm an officer in the army and the soldiers do what I tell them to do. In the same way, you have only to speak and I believe that my servant will be healed."**

Jesus was amazed and said:

**"I have never come across *faith* like this."**

And, just as Jesus was speaking, the servant was healed.

*Adapted from the Gospel of St Matthew (chapter 8)*

# Handing on our faith



## Read together

The army officer had never met Jesus but still he had great **faith** in Him. The disciples knew Jesus very well: day after day, month after month they walked with Him and listened to Him. Their **faith** in Him grew and grew and they became the best of friends.

When Jesus rose from the dead, the disciples placed all their trust in Him. They now knew that Jesus would be with them always.

One of the disciples called Thomas had not seen Jesus and he refused to **believe** that Jesus had risen from the dead. So Jesus came specially to visit Thomas.

When Thomas saw Jesus, he was **amazed** and he cried out, **“Jesus: my Lord and my God.”**

Although Thomas struggled to have **faith**, he **believed** when he saw Jesus. Thomas and the other disciples then set out to tell others all about Jesus - to help them to **believe** in Jesus and grow in **faith** and to become friends of Jesus too.



## Talk together

Read the following questions. Talk together about one or two of them.

1. How does your friendship with someone grow? What do you do? What do they do?
2. How does our friendship with Jesus grow?
3. Who has helped you to become friends with Jesus and grow in faith?
4. How did they show you that they were friends with Jesus? What did they say? What did they do?

# Finding faith

In the Word Search there are seven words about faith. Can you find them?

1. BELIEVE
2. CENTURION
3. FAITH
4. GOD
5. JESUS
6. LORD
7. TRUST

C	R	X	D	E	I	A	B	N	T	P	I	K	T	U
L	E	O	H	X	E	Y	E	G	S	Z	D	H	G	E
P	G	N	R	N	H	Q	L	S	Q	O	R	M	J	R
B	K	M	T	Z	K	W	I	A	U	U	O	A	F	P
O	L	T	U	U	W	G	E	O	X	S	L	A	K	M
Z	J	X	M	V	R	S	V	N	Z	P	E	V	Y	T
O	L	A	Y	V	I	I	E	N	H	T	U	J	R	R
J	C	O	U	Z	Q	E	O	I	E	V	H	F	B	C
T	X	O	U	L	R	T	Y	N	E	C	A	A	X	H
A	N	T	V	P	R	V	X	H	X	I	O	X	F	Q
C	J	T	P	W	M	H	H	U	T	U	L	X	B	Y
G	C	E	Y	S	L	X	M	H	W	W	C	Q	P	M
B	Q	D	M	R	F	M	N	O	U	K	F	O	E	K
T	S	U	R	T	T	I	P	C	F	N	O	T	O	S
P	E	G	B	N	S	A	Y	P	P	X	U	R	Q	M



# My faith

## Read and talk together

The disciples handed on their faith in Jesus to others. Year after year, people have handed on their faith – until, one day, their faith was handed on to you!

Other people help us to grow in faith and God helps us too. He gives us special gifts called **Sacraments**. Sacraments are seven very special times when we meet with Jesus through the Church. Through words and signs we receive these seven gifts from God to help us to remain with Him always.

You have already received two of these great gifts: **Baptism** and **Reconciliation**. You are now preparing to receive a third sacrament:

**The Gift of Holy Communion.**

When you were younger, your family brought you to church to be baptised. They wanted to share their faith with you. They wanted to have you baptised into the love of Jesus and to become His friend for life.

- What do you know about your own Baptism?
- Who has helped you to grow in faith and friendship with Jesus since your Baptism?
- How have they helped you?

Although we try to be faithful, sometimes we harm our friendship with Jesus by our sins. We say sorry to Jesus in the Sacrament of Reconciliation.

- What do you remember about your First Reconciliation?
- How does Reconciliation help you to stay friends with Jesus and to grow in faith?

# Treasure hunt!

*Exploring God's house: what do you notice?*

**FONT** **HOLY**  
**PASCHAL** **OILS**  
**CANDLE**

*What's special about this candle?*

**RECONCILIATION**

*Where does the Sacrament of Reconciliation (Confession) take place in your church?*

**HOLY WATER** **STOUP**

# At home



## Things to do at home or in church

1. Colour the words and drawings which you made on page 93 as you read the story of Jesus and the centurion.
2. Find at least **one** object to put in your backpack. This object should represent your journey of faith so far. It may be: the candle you received at your Baptism; a copy of your Baptism or your First Reconciliation certificate; a gift you have received (e.g. a rosary) which has helped you to pray and grow in faith; something else.
3. Begin your Reflection Book. Talk to a catechist, a teacher or another adult about what you may like to record.

4. Do this week's Treasure Hunt. Your catechist will explain how you can do this.
5. On the opposite page you will find the words of a special prayer to Our Lady that you probably know: the **Hail Mary**. Pray this lovely prayer each day with your family or in your Prayer Place at home. Practise the Quiet Prayer (**Jesus: my Lord and my God**) too.
6. Read pages 102-103 (about the questions Jess and Ryan have). Think about these questions. Bring your thoughts to share at the beginning of the next session.

# Praying in faith



## Let us pray together

- Sit quietly
- Close your eyes
- Be still

In the silence of your heart, slowly repeat the following words a few times:

**Jesus: my Lord and my God**  
**Jesus: my Lord and my God**  
**Jesus: my Lord and my God, etc.**

Mary, the mother of Jesus, was a great woman of faith. She trusted God and gave birth to Jesus.

As our concluding prayer today we honour Mary, Our Lady and Our Mother, as we pray together:

**Hail Mary, full of grace,  
the Lord is with thee.  
Blessed art thou among women  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen.**



# Session 2

***Entering God's House***

***Rest and Refreshment for the Journey***

**Let us pray together**

Lord Jesus,  
You are the Bread of Life.  
You love me;  
You nourish me;  
You strengthen me.  
Help me to grow in love and friendship with You,  
so that, day by day, I may become more like You.  
**Amen.**

# Welcome back!

Grandpa's taking Jess and Ryan to their Holy Communion session in the church hall. As they walk along he notices that they both have backpacks.



*What have you got in your backpacks, kids?*



*Why did you choose the candle, Ryan?*



*That's a really good answer, Ryan!*

*I've got my baptismal candle, Grandpa. We were asked to find something that reminded us of our journey in faith with Jesus. So I chose my candle.*



*Well, it was given me as a baby and it's like a light that has been guiding me through my life since then.*



Before Grandpa has a chance to ask Jess what she has in her backpack, they arrive outside church.

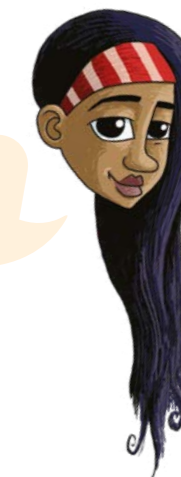


*Let's just pop into church for a moment.*



*Well, Jess, I find I get great peace there. I can talk with God and share all my worries - and I give God thanks for all the blessings I've received. I always light a candle too, for you and Ryan and for all the people I love. And I also light a candle for Grandma, praying that she is with Jesus in heaven.*

*Why do you go into church so often, Grandpa?*



## **Talk together**

What First Holy Communion preparation have you been doing at home since last time?

Why do you think that people go to church?

*Virtues help us to become like Jesus: they bring out the very best in us.*

*Today's virtue is*

# Hope



**Read together**

When things seem dark or difficult, hope keeps us going. When we have hope we are not afraid: we are sure that all will turn out well.

As Christians, we place our hope in Jesus. We are certain that He is with us always and is waiting for us at the end of all our journeys.

**“Goodness and merciful love shall follow me all the days of my life and I shall dwell in the house of the Lord for ever.”**

*(Psalm 23:6)*



# Our hope is in Jesus



## Read together

**Underline words; write down and draw your thoughts by the side of the Bible story.**

When Jesus was a baby Mary and Joseph took Him to the Temple in Jerusalem. In those days, it was the custom to take newly born children to the Temple to present them to God.

In the Temple there was a man called Simeon. Simeon was a good and holy man: he was a very close friend of God.

When Simeon saw the child Jesus, he took Him in his arms.

Simeon blessed God and said:

***“Now, Lord, Your servant can die in peace. For my eyes have seen Your salvation.”***

Jesus was the **hope** of Simeon and his people – the child who would be the light for all nations.

Nearby in the Temple there was an old woman called Anna.

Anna gave thanks to God and said:

***“This child is the one that we have been waiting for. He will bring joy and lasting peace for our people.”***

*Adapted from the Gospel of St Luke (chapter 2)*

# Journeying in hope



## Read together

Jesus gave His disciples **hope**. Even in the dark times Jesus told them that they must have **hope** that things would turn out well.

On the night before He died, Jesus knew that His disciples were afraid about what was going to happen. So He said to them, **“Do not be afraid.”**

Even though Jesus was preparing to suffer and to die, He encouraged His disciples to have **hope** and He said to them, **“I am going to prepare a special place for you in my Father’s home in heaven. I will be waiting for you there. Where I am, you will be with me – now and always.”**

# Offering hope



## Talk together

Read the following questions. Talk together about one or two of them.

1. What gives you hope?
2. What gave Simeon and Anna hope?
3. Simeon and Anna are saints of the Church. They were wise and kind and welcomed Jesus with great joy. There are many, many saints with Saint Simeon and Saint Anna in heaven. Can you name **one** other saint?
4. What do you know about that saint?
5. What makes that person a saint?

You are lighting a candle in church for someone.

## Who are you lighting the candle for?



Write a prayer for that person.

**For:**

**Dear Jesus**

**Amen**

# God's House

## Read together

The child Jesus was presented to God in the Temple in Jerusalem. The first Temple had been built in Jerusalem many hundreds of years earlier by the wise and famous King Solomon.

The Temple was a splendid and awesome place. The deeper you went into the Temple, the closer you came to God. Only a very few people were allowed into the heart of the Temple – into the **Sanctuary** (a word which means **Holy Place**).

In the **Sanctuary** of the Temple you would have found:

- A golden seven-branched **candlestick** (representing God's gift of light);
- A special bread called the **show-bread** (representing God's gifts of food and life);
- A golden **altar** for burning incense to produce a sweet smelling smoke (representing prayers rising up before God).

Christians too gather together in special places to pray and to worship God. These special places we call **churches**.

In a Catholic church we also have a space which we call the **Sanctuary** (or **Holy Place**).

On the **Sanctuary** in a Catholic church you will find:

- An **Ambo** from which God speaks to us through the readings from Holy Scripture;
- An **Altar** where the gifts of bread and wine become the Body and Blood of Christ;
- A **Tabernacle** where Jesus is present with us always.

Near the Tabernacle a red light burns to show us that Jesus is present. We can kneel there in church in the presence of Jesus and talk to Him in prayer.

# Treasure hunt!

Exploring God's house: what do you notice?

**SANCTUARY** **LAMP**  
**STATIONS OF THE CROSS** **STATUES**  
**CRUCIFIX** **STAINED**  
**TABERNACLE** **GLASS**  
**VOTIVE CANDLES**  
**Votive is a special word meaning 'offering'.**





## Things to do at home or in church

1. Colour the words and drawings which you made on pages 106-107 as you read the story of the child Jesus in the Temple.
2. Find at least **one** object to put in your backpack. This object should represent something to remind you of your own parish church. It may simply be: a votive candle to represent the candles you light in church; a special prayer you use to light a candle in church; a photo of a statue in your church; a leaflet about your parish church; something else.
3. Make entries in your Reflection Book. Talk to a catechist, a teacher or another adult about what you would like to record.

4. Do this week's Treasure Hunt. Your catechist will explain how you can do this.
5. On the opposite page you will find the first words of a special prayer to Our Lady: **Hail, Holy Queen**. Find out the next words and say this lovely prayer in full each day with your family or in your Prayer Place at home. Practise the Quiet Prayer (**Lord, my eyes have seen Your salvation**) too.
6. Read pages 116-117 (about the questions Jess and Ryan have). Think about these questions. Bring your thoughts to share at the beginning of the next session.



## Let us pray together

- Sit quietly
- Close your eyes
- Be still

In the silence of your heart, slowly repeat the following words a few times:

*Lord, my eyes have seen Your salvation*  
*Lord, my eyes have seen Your salvation*  
*Lord, my eyes have seen Your salvation, etc.*

Jesus crowned Mary, His Mother, as Queen of Heaven. We hope one day to share with her in the joy of heaven and in the glory of all the saints.

- Here are the first two lines of a famous prayer to Mary, Our Lady and Our Mother. Let's pray them together:

*Hail, Holy Queen, Mother of Mercy;  
Hail our life, our sweetness and our hope.*

- Pray quietly for a few moments, bringing your own prayers to Mary, Our Mother.
- Let's end this time of prayer by saying together:

*Pray for us, O holy Mother of God,  
that we may be made worthy of the promises of Christ.  
Amen.*



# Session 3

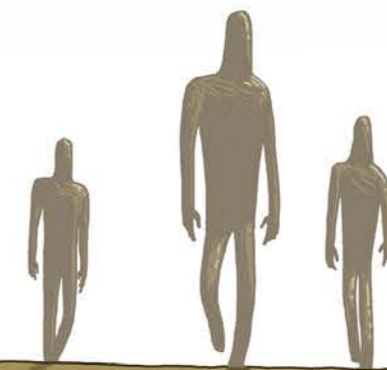
***Lifting Our Hearts to God***

***Holy Mass Begins***

**Let us pray together**

Lord Jesus,  
You are the Bread of Life.  
You love me;  
You nourish me;  
You strengthen me.  
Help me to grow in love and friendship with You,  
so that, day by day, I may become more like You.

**Amen.**



# Ready for our next session?

Jess and Ryan are at Grandpa's having tea.



*It was great having you with us last time for 1st Holy Communion prep, Grandpa.*



*Me too, Ryan... Now what's the next session about, I wonder?*



*Actually, I've had a sneaky look. It's about Holy Mass and how Jesus welcomes us and shares Holy Communion with us.*

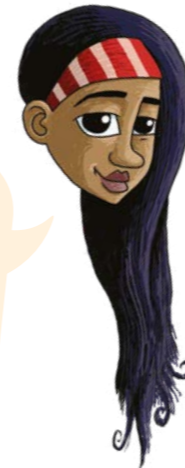
*Yeh! I especially liked going to church and lighting a candle together.*



*Erm... ..*



*You know, Grandpa, I imagine that Jesus welcomes us just like you. You always give us such a great welcome here.*



*Yeh! My favourite cake!*

*Well yes, there is that. But it's more about how you make us feel at home, Grandpa - hearing your stories, talking together, having fun. Fantastic!*



## **Talk together**

What First Holy Communion preparation have you been doing at home since last time?

What does it feel like to know that Jesus welcomes you to Holy Mass and is going to share Himself with you in Holy Communion?

***Virtues help us to become like Jesus: they bring out the very best in us.***

***Today's virtue is***

**Love**

 ***Read together***

When we love someone we accept them as they are: we care for them and we care about what happens to them. One important way we love others is to spend time with them and celebrate together. We often do this at meals and parties.

Jesus shows us how to love. That's why we find Him many times enjoying a meal with others. Moreover, Jesus didn't just eat with His friends. He loved to eat with everyone: with strangers and even with those that nobody liked.

Sitting at meals, welcoming others and celebrating with everyone were great ways in which Jesus showed us God's love.

***"We love because God first loved us."***

*(1 John 4:19)*



# Abraham entertains strangers



## Read together

Underline words; write down and draw your thoughts by the side of the Bible story.

Long before Jesus, the people of Israel used to live in tents and travel from place to place.

One day, an old man called Abraham was standing at the entrance of his tent near an oasis in the desert.

**Suddenly** there were three men coming towards him!

Abraham ran to meet them.

Abraham said:

***“I will bring you some water to wash your feet. Rest here beneath the trees while I fetch you some food.”***

Abraham ran into his tent. He told Sarah, his wife, that they had guests. Sarah prepared some cakes while Abraham ran to get some meat for their meal.

When all was ready, Abraham set the food before the three men. They sat down under a great oak tree and the strangers ate.

And, as they ate together, Abraham discovered that the strangers had come from God!

*Adapted from the Book of Genesis (chapter 18)*

# Love at the Last Supper

## Read together

Abraham shared what he had with strangers and he welcomed them as his friends. Jesus shared His final meal, His Last Supper, with His friends the disciples and He showed them the depth of His **love**.

During this Last Supper:

- Jesus washed the bruised and dirty feet of His disciples.
- Jesus sat close to His disciples, eating and talking with them, growing in **love** and friendship.
- Jesus spoke words of **love**: “*I no longer call you servants but friends*” and “*This is my command to you: love one another.*”
- Jesus blessed bread and wine which He called His Body and Blood; He taught His disciples to share His Body and Blood and so stay close to Him always.

Jesus asks each of us to be His friends. In Holy Communion He invites us to dine with Him and to grow together in friendship and **love**.



## Talk together

Read the following questions.

Talk together about one or two of them.

1. Who has shown you great love in your life?
2. How did they show that love?
3. Abraham welcomed visitors with love. How do you show welcome and love when someone visits you?
4. How does Jesus show His love for others?
5. How can you share that love of Jesus with others?

## Read together

When we come to Holy Mass, Jesus welcomes us as His friends. He has invited us to a very special meal with Him, to a feast of joy and celebration, to the feast of Holy Communion.

There are **Four** parts to Holy Mass. Today we will look at the **First** part called **The Introductory Rites**. As the Mass begins:

- We gather as the **Church**, the family of God, the friends of Jesus.
- We make the Sign of the Cross, the sign of Jesus who loved us so much that He gave His life for us on the cross.
- We humbly say sorry for our sins which have hurt God and harmed our friendship with Him. We sing or say, “**Lord have mercy**”.
- We sing with joyful hearts a great and ancient song called the **Gloria** (a word which means **Glory**).

- The priest gathers together all our prayers as he says the Opening Prayer.



## Talk together

1. How would you describe the Church? Finish off the sentence below.

The **Church** is \_\_\_\_\_

2. When we say sorry for our sins at Holy Mass, we sing or say:

**Lord have** \_\_\_\_\_

3. **Gloria** means \_\_\_\_\_

4. What or who do you want to pray for as Holy Mass begins this Sunday? Write below **one** thing or person you want to pray for.

\_\_\_\_\_

# The Eucharist: celebrating together

## Read and talk together

We are part of a great worldwide family  
– the Catholic Church.

Each Sunday we come to Holy Mass to be with Jesus and with other members of our Church family. It's a great opportunity to celebrate together.

There are four parts to every Mass:

1. The Introductory **Rites** when we are welcomed to Holy Mass.
2. The **Liturgy** of the **Word** when we listen to God speaking to us through the Scripture readings.
3. The **Liturgy** of the **Eucharist** when Jesus offers Himself for us and gives Himself to us in Holy Communion.

4. The Concluding **Rites** when we are sent out to bring the love of Jesus into our world.

**Eucharist** is another name we give to Holy Mass. The word Eucharist means **thanksgiving**.

There's lots we have to be thankful for at Holy Mass. We give thanks that God has sent His Son to love us and to share His life (His Body and His Blood) with us and that, through Holy Communion, He will remain with us always.

- What do you give thanks for when you are present at Holy Mass?

Try and find out what those other two strange words on this page (**Rites** and **Liturgy**) mean.

# Treasure hunt!

*Exploring God's house: what do you notice?*

**PRIEST CHOIR**  
**PRESIDENTIAL CHAIR**  
**ALTAR** **ORGAN**  
**SERVERS** **PEWS**

# At home



## Things to do at home or in church

1. Colour the words and drawings which you made on pages 120-121 as you read the story of Abraham.
2. Find at least **one** object to put in your backpack. This object should remind you of what happens as Holy Mass begins. It may be: the words of a favourite hymn or song you sing in church to praise God as the Mass begins; a list of sins (in an envelope) which you want to say sorry for; something else.
3. Make entries in your Reflection Book. Talk to a catechist, a teacher or another adult about what you would like to record.

4. Do this week's Treasure Hunt. Your catechist will explain how you can do this.
5. On the opposite page you will find a prayer to Mary, Our Lady and our Mother: **We turn to you**. Pray this lovely prayer each day with your family or in your Prayer Place at home. Practise the Quiet Prayer (**Lord Jesus Christ, Son of God, have mercy on me**) too.
6. Read pages 130-131 (about the questions Jess and Ryan have). Think about these questions. Bring your thoughts to share at the beginning of the next session.

# Praying in love



## Let us pray together

- Sit quietly
- Close your eyes
- Be still

In the silence of your heart, slowly repeat the following words a few times:

*Lord, Jesus Christ, Son of God,  
have mercy on me  
Lord, Jesus Christ, Son of God,  
have mercy on me  
Lord, Jesus Christ, Son of God,  
have mercy on me, etc.*

Mary, loved her son Jesus – always and everywhere.

Mary even stood beside her son when he was dying on the cross.

Mary loves us too – always and everywhere.

Let's pray together this very ancient prayer to Mary. As we pray, we ask Mary, our Mother, to guard and protect us always by her prayers:

*We turn to you for protection,  
holy Mother of God.  
Listen to our prayers  
and help us in our needs.  
Save us from every danger,  
Glorious and Blessed Virgin.  
Amen.*





# Session 4

*In the Stillness of Our Hearts*

*God Speaks His Word*

**Let us pray together**

Lord Jesus,  
You are the Bread of Life.  
You love me;  
You nourish me;  
You strengthen me.  
Help me to grow in love and friendship with You,  
so that, day by day, I may become more like You.

**Amen.**

# Hello again!

Jess and Ryan are out with Grandpa in the park. Grandpa needs a rest, so they all sit down on a bench and start to talk.



Grandpa, when you go into church and talk to God, do you hear Him talking back to you?



What! You hear Him actually speaking to you - with words?

I do indeed, Jess.



It's not so much that He talks to me in words like you or I use, Jess. God speaks to me in a special language deep within me, in what I call the language of the heart.



And what does God sound like, Grandpa?

There's a great story, Ryan, about a man called Elijah. Elijah was good and brave but he upset the king and so had to flee for his life.

One day Elijah came to a mountain and on the mountain God spoke to him.

There was a violent earthquake and a mighty wind and a blazing fire. But God did not speak to Elijah with the voice of the earthquake or the wind or the fire: God spoke to Elijah in the stillness beyond all the noise - with a voice that sounded like the quietest, most gentle of whispers.




## Talk together

What First Holy Communion preparation have you been doing at home since last time?

Where do you hear God speaking to you?

*Virtues help us to become like Jesus: they bring out the very best in us.*

Today's virtue is  
**Stillness**

 **Read together**

The world is a very busy place and we can often be too busy to notice some of the very special things around us. But, when we sit in quietness and stillness, we find that we begin to see things more clearly and to look at them in new ways.

It's the same when we open our hearts and listen in stillness to God. He helps us to notice new things and He is asking new things from us too, inviting us to listen carefully and to be attentive to other people and to the world around us.

**“Be still and know that I am God.”**

*(Psalm 46:10)*



**Stillness**

# Samuel hears God calling him



## Read together

Underline words; write down and draw your thoughts by the side of the Bible story.

Long before the time of Jesus, people worshipped God in special places called temples.

One night a young boy called Samuel was sleeping in a temple where he helped Eli the priest to keep the candles alight.

**Suddenly** Samuel heard a voice calling:

**“Samuel, Samuel.”**

**“Here I am,”** Samuel said.

He jumped up. Samuel thought it must be Eli calling him, so he ran quickly to Eli’s room and said:

**“Here I am. You called me.”**

But Eli replied:

**“No, I didn’t call you. Go back and lie down.”**

Samuel went back to lie down. But straightaway:

**“Samuel, Samuel!”**

It was the voice calling again!

Samuel ran back to Eli and said:

**“Here I am. You were calling me.”**

But Eli said:

**“I did not call, Samuel. Go and lie down.”**

**“Samuel, Samuel!”**

The voice called - a third time.

Samuel ran to Eli and said:

**“Here I am. You did call me.”**

Then Eli realised that it must be the Lord who was calling Samuel and so he said:

**“If you hear the voice calling to you again, say in reply: ‘Speak, Lord: Your servant is listening.’”**

Samuel went back into the heart of the temple.

**“Samuel, Samuel!”**

It was the voice calling again. Samuel now knew that it was the voice of the Lord and he said:

**“Speak, Lord: Your servant is listening.”**

In the **stillness** of his heart, Samuel heard the Lord calling him to walk with Him and learn His ways. In this way Samuel would grow up helping others to journey in love and friendship with the Lord God.

*Adapted from the First Book of Samuel (chapter 3)*

# The disciples hear Jesus' voice

## Read together

One day Jesus was walking by Lake Galilee. He saw two brothers, Simon and Andrew, who were fishermen. **"Follow me,"** He said to them. They left their nets and followed Him. They walked with Jesus by day; they slept near Him by night. They **listened** carefully to what Jesus taught them; they took His teachings deep into their hearts.

## Talk together

Read the following questions. Talk together about one or two of them.

1. Who really listens to you? How do you know that they are really listening?
2. How can you listen more carefully and be more attentive to others?
3. Has it ever seemed that the voice of God was speaking to you, deep in your heart? What was this like? What was God saying to you in your heart?

Here are a few of the teachings of Jesus. Read them slowly and quietly. In the stillness of your heart, listen to what Jesus is saying to you through these words.



*"Be merciful, as your Father in heaven is merciful."*

*"Forgive and you will be forgiven; give and much will be given to you."*

*"Love your enemies. Do good to those who hate you."*

*"I have come so that you may have life - and life to the full."*

## Read together

The second part of Holy Mass is called **The Liturgy of the Word**. During the Liturgy of the Word:

- We listen to stories from the Old Testament about the heroes of faith who lived before Jesus: people like Samuel and Abraham and Sarah.
- We sing a psalm, a song of prayer and praise.
- We listen to the wisdom of Saint Paul and other saints of the New Testament.
- We sing the **Alleluia** (a word which means **Praise the Lord**).
- We stand and listen to the Gospel, the Good News about Jesus.

After these readings the priest explains them (the Homily); we proclaim what we believe (the Creed); the Prayer of the Faithful is read.



## Talk together

1. Do you know the names of other heroes of faith from the Old Testament? Name **one** of them below.

\_\_\_\_\_

2. **Alleluia** means \_\_\_\_\_

3. Four saints wrote gospels about Jesus. One was Saint Mark. Can you name at least **one** of the other three below?

Saint \_\_\_\_\_

4. As you listen to the Prayer of the Faithful at Holy Mass on Sunday, is there somebody or something you want to pray for? Write who or what you will be praying for below.

\_\_\_\_\_

# The Real Presence: Jesus with us

## Read together

Jesus is present with us as we listen to the readings at Holy Mass. He is present with us in other ways too when Holy Mass is celebrated.

- We hear Jesus speak through the words of the Gospel and the other readings.
- We watch as the priest takes the bread and wine and listen as the priest repeats the words that Jesus spoke at the Last Supper. We call this part of Holy Mass the **Consecration** when a great miracle occurs through the power of the Holy Spirit.
  - The bread is now no longer bread but the Body of Christ broken for us.
  - The wine is now no longer wine but the Blood of Christ poured out for us.

- We kneel in wonder and bow our heads in reverence. Jesus is truly present – and we call this the **Real Presence** of Jesus, our friend and Our Lord.
- We receive the Body and Blood of Jesus in Holy Communion. Through Holy Communion we unite ourselves with Jesus and He remains with us always.
- We return to our places quietly and reverently. Jesus remains with us; we give thanks that He remains with us now and for ever.

# Treasure hunt!

*Exploring God's house: what do you notice?*

**AMBO** **BOOK OF THE GOSPELS**

**LECTIONARY**

**(this word is pronounced as leck-shon-ri)**

**GOSPEL PROCESSION**

***The Book of the Gospels is carried on high as we prepare ourselves to hear God speak to us when the Holy Gospel is read.***

# At home



## Things to do at home or in church

1. Colour the words and drawings which you made on pages 134-135 as you read the story of Samuel.
2. Find at least **one** object to put in your backpack. This object should remind you of the readings you hear in church. It may be: a children's Bible or a book of stories about Jesus; The Wednesday Word or another resource which helps you and your family pray and talk together about the readings you hear at Holy Mass; YOUCAT for Kids which asks lots of questions about our faith – and gives a lot of answers too; something else.
3. Make entries in your Reflection Book. Talk to a catechist, a teacher or another adult about what you would like to record.
4. Do this week's Treasure Hunt. Your catechist will explain how you can do this.
5. On the opposite page you will find the first words of the great prayer of Jesus, the **Our Father**. Pray this lovely prayer each day with your family or in your Prayer Place at home. Practise the Quiet Prayer (**Speak, Lord: Your servant is listening**) too.
6. Read pages 144-145 (about the questions Jess and Ryan have). Think about these questions. Bring your thoughts to share at the beginning of the next session.

# Praying in stillness



## Let us pray together

- Sit quietly
- Close your eyes
- Be still

In the silence of your heart, slowly repeat the following words a few times:

*Speak, Lord: Your servant is listening*  
*Speak, Lord: Your servant is listening*  
*Speak, Lord: Your servant is listening, etc.*

One of the important things Jesus taught us was how to pray. He gave us the great prayer, the Our Father. Let's finish today by praying that prayer:

*Our Father, who art in heaven,  
hallowed be Thy Name;  
Thy kingdom come,  
Thy will be done,  
on earth as it is in heaven.  
Give us this day our daily bread,  
and forgive us our trespasses,  
as we forgive those who trespass against us;  
and lead us not into temptation,  
but deliver us from evil.  
Amen.*



# Session 5

*From the Heart of God*

*Jesus Offers Himself for Us*

**Let us pray together**

Lord Jesus,  
You are the Bread of Life.  
You love me;  
You nourish me;  
You strengthen me.  
Help me to grow in love and friendship with You,  
so that, day by day, I may become more like You.

**Amen.**



# Getting nearer 'The Big Day'

Jess is helping Grandpa in the kitchen preparing some food. Ryan is sitting at the kitchen table day-dreaming.



*We're over half way on our journey to our First Holy Communion, Grandpa.*

Before Jess can answer, Ryan pipes up:



*What are we doing in Holy Communion prep this week, Grandpa?*

*How have you enjoyed it so far, Jess?*



*Well, we've been going through the Mass in the last couple of sessions, and this week we'll be looking at the heart of the Mass when Jesus is really with us in His gift of His Body and Blood.*



*When you think about it, the Mass is truly awesome - Jesus really with us!*



*They are indeed, Ryan.*

*Some people say that the Mass is boring, don't they, Jess? But amazing things are happening, aren't they, Grandpa?*



*I can't wait to find out more this week!*



## Talk together

What First Holy Communion preparation have you been doing at home since last time?

How's it going? What have you enjoyed in your preparation so far? What are you looking forward to?

*Virtues help us to become like Jesus.*

*Today there are two virtues:*

# Generosity & Gratitude

## **Read together**

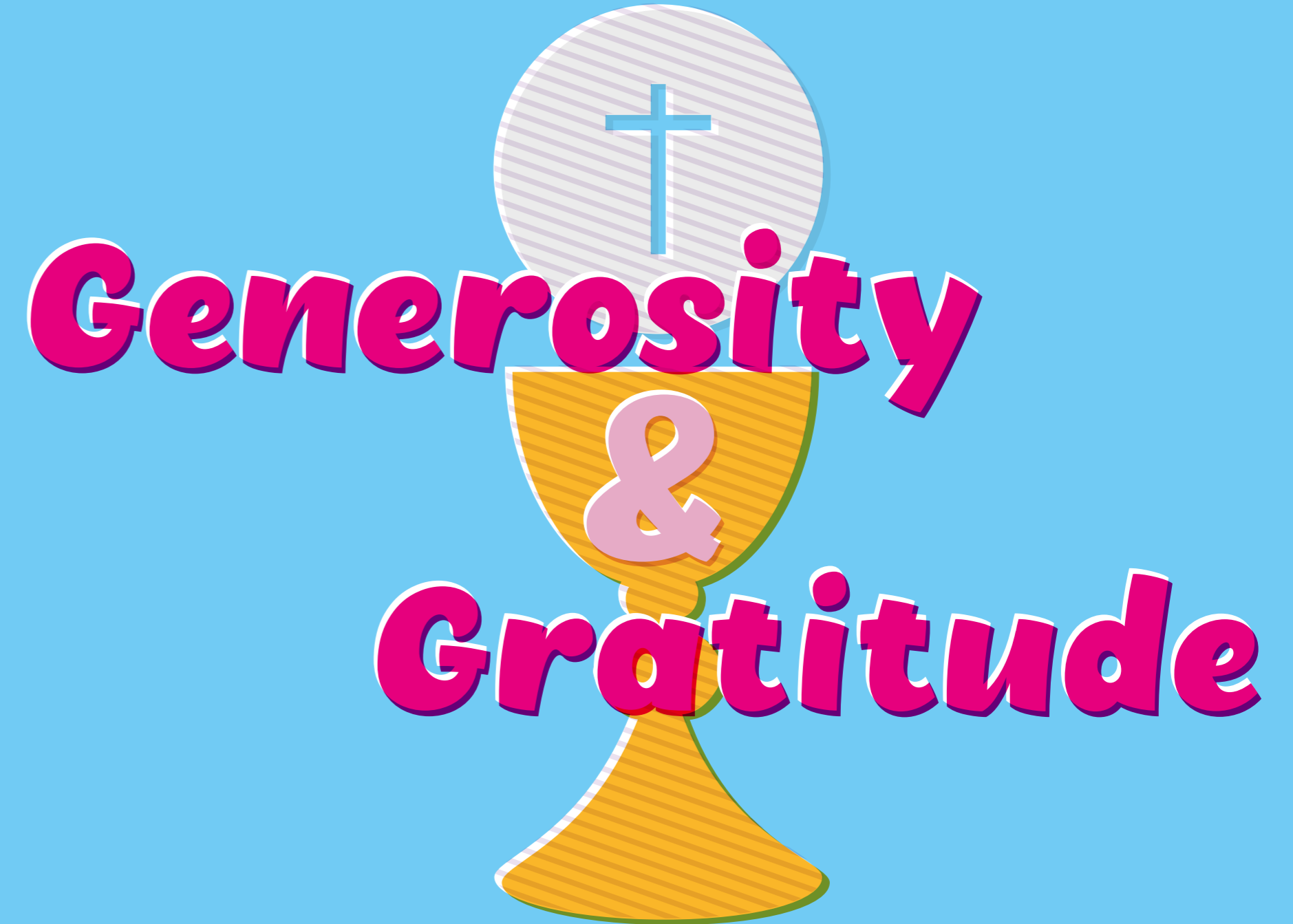
There are so many things to be grateful for:

- For the beauty of the world we live in
- For food and friendship
- For your gifts and talents
- For the people you love
- For so much more!

We give thanks to God for giving us all these things. In generosity we share all the wonderful gifts we have been given with others. In Holy Communion Jesus shares His life with us. He generously gives Himself to us and, in return, we give ourselves to Him.

**“Give and much will be given to you.”**

*(Luke 6:38)*



# The Passover: giving thanks to God



## Read together

Underline words; write down and draw your thoughts by the side of the Bible story.

Long before the time of Jesus, God's people lived as slaves in the land of Egypt.

At this time a man called Moses was looking after some sheep in the desert.

**Suddenly** God appeared to Moses – in a **burning bush!**

God told Moses to go to Pharaoh, King of Egypt, and say, "**Set my people free.**"

But Pharaoh refused to **set them free**. So God sent terrible plagues upon the people of Egypt. Then Pharaoh **set God's people free**.

During the final plague, death struck the first born of the Egyptians but passed over God's children and they did not die. The people **gave thanks** and celebrated a feast which they called Passover (because death had passed over them). They rejoiced that **God was setting them free**.

The people hurried to escape. They took unleavened dough with them to make bread but they did not have time to add the yeast to the dough and wait for the bread to rise. But still **God had set them free**.

At last they entered the land God had promised them. Again they celebrated the Feast of the Passover and **gave thanks** to God – and they have done this every year since that time.

**God has set them free.**

*Adapted from the Book of Exodus*

# Jesus gives thanks

## Read together

On the night before He died, Jesus celebrated the Feast of the Passover with His disciples. This was to be His last meal, His Last Supper.

During the Passover meal special foods are eaten and special prayers are said, and the story of the first Passover is retold. On this particular night Jesus taught His disciples to look at the Passover in a new way.

Jesus **took** the unleavened bread; Jesus **blessed** it and **gave thanks** to God; Jesus **broke** the bread; Jesus **gave** it to His disciples. As Jesus held up the unleavened bread before His disciples, he said to them, **“This is my Body – which is given for you.”** Next He took a cup of wine. He held it up to show His disciples and He said to them, **“This is my Blood – which is poured out for you.”**

The unleavened bread has become His Body broken for us. The wine has become His Blood poured out for us. Jesus invites all of us to share in this banquet of His Body and Blood, His life given for each one of us.



## Talk together

Read the following questions.

Talk together about one or two of them.

1. What are you grateful for?
2. How do you show gratitude?
3. Who do you give thanks to during Holy Mass? What do you give thanks for?
4. What gifts do you think that God has given you?
5. How can you be generous and share your gifts with others?

## Read together

The third part of Holy Mass is called **The Liturgy of The Eucharist.**

- We watch the gifts of bread and wine brought in procession and the priest offer these gifts to God.
- We listen as the priest introduces the Eucharistic Prayer and we sing, **“Holy, Holy, Holy, Lord”**.
- We listen as the priest prays the Eucharistic Prayer.
- We listen as the priest says the words Jesus said at the Last Supper; we watch as he holds up and shows us first the bread which has become the Body of Christ and then the chalice filled with wine which has become the Blood of Christ. We call this part of Holy Mass the **Consecration**.
- At the end of the Eucharistic Prayer the priest holds the Body and the Blood of Christ up on high and we all sing **Amen** (which means something like **Yes! It is true!** – Jesus is present among us).



## Talk together

1. Do you remember what the word Eucharist means? See page 124.

It means:

T\_\_\_\_\_KS\_\_\_\_\_G

2. We call the part of Holy Mass when the bread becomes the Body of Christ and the wine His Blood:

the C\_\_\_\_\_SE\_\_\_\_\_T\_\_\_\_\_

3. AMEN means something like:

YES! \_\_\_\_\_!

4. During the Eucharistic Prayer the priest leads us in prayers for the living and the dead. Write below **one** person or thing that you would like to pray for during the Eucharistic Prayer.

# Jesus is the Lamb of God: He lays down His life for us

## Read and talk together

Sometimes Catholics call Holy Mass **the Holy Sacrifice** of the Mass.

When we sacrifice something we give up something we value very much.

- Can you think of a sacrifice you have made of something which you valued very much?

Catholics think of Holy Mass as a **sacrifice** because in the Mass Jesus gives up for us the most precious thing He has: He gives His life. This is why Catholics often call the Blood of Christ the **Precious Blood**.

Christians speak of Jesus as the **Lamb** of God. Before the Feast of Passover lambs would be sacrificed to God. Jesus is like one of those lambs that were sacrificed. But Jesus is the True Lamb who offers His own life on the cross and so takes away our sins and restores our friendship with God.

## **Remembering all that Jesus has done for us**

During the Last Supper Jesus said, **“Do this in remembrance of me.”** During Holy Mass we remember all that Jesus has done for us. We remember that, by His dying and His rising from the dead, Jesus has given us the promise of life – and life and friendship with Him now and for ever.

# Treasure hunt!

*Exploring God’s house: what do you notice?*

**ALTAR MISSAL**  
**PATEN WATER CLOTHS**  
**CHALICES**  
**CREDENCE TABLE** **BREAD & WINE**  
*The bread and wine are brought in procession to the Altar. The bread is unleavened and has been cut into small circular pieces called Hosts.*

# At home



## Things to do at home or in church

1. Colour the words and drawings which you made on pages 148-149 as you read the story of the first Passover.
2. Find at least **one** object to put in your backpack. This object should remind you of some aspect of the prayers of the Mass. It may be: a carefully written copy of a Eucharistic Prayer; a list of the people (both living and dead) that you will pray for during the Eucharistic Prayer; something else.
3. Make entries in your Reflection Book. Talk to a catechist, a teacher or another adult about what you would like to record.

4. Do this week's Treasure Hunt. Your catechist will explain how you can do this.
5. On the opposite page you will find a prayer which you may use as your Prayer of Thanksgiving after receiving Holy Communion: **O Sacrament most holy.** Practise praying this lovely prayer each day with your family or in your Prayer Place at home. Practise the Quiet Prayer (**Save us, Saviour of the world**) too.
6. Read pages 158-159 (about the questions Jess and Ryan have). Think about these questions. Bring your thoughts to share at the beginning of the next session.

# Praying with gratitude



## Let us pray together

- Sit quietly
- Close your eyes
- Be still

In the silence of your heart, slowly repeat the following words a few times:

*Save us, Saviour of the world*  
*Save us, Saviour of the world*  
*Save us, Saviour of the world, etc.*

Next time we will look at that special moment when you receive Holy Communion. When you return to your place after Holy Communion, it is good to kneel and say a Prayer of Thanksgiving to God.

To finish today, let's pray these words three times together:

*O Sacrament most holy,  
O Sacrament divine;  
all praise and all thanksgiving  
be every moment thine.*

You may like to pray this prayer in church as your Prayer of Thanksgiving after you have received the gift of Holy Communion.



# Session 6

*Communion with the Heart of Jesus*

*Food for Our Journey*

**Let us pray together**

Lord Jesus,  
You are the Bread of Life.  
You love me;  
You nourish me;  
You strengthen me.  
Help me to grow in love and friendship with You,  
so that, day by day, I may become more like You.

**Amen.**

# Back together again!

Jess and Ryan have been to Holy Mass with Grandpa. After the Mass they go back to his house for their Sunday meal.



Why do we go to church on Sundays, Grandpa?



Just like we're celebrating now with this great meal you've made, Grandpa.

Sundays are special for us, Jess. It's the day we remember that Jesus rose from the dead. So, it's a great day of celebration. We go to Holy Mass to give thanks to God - and, after the Mass, we can celebrate in lots of other ways too.



Exactly, Ryan. But there's many other ways we can celebrate as well. Sunday should be a day of rest and of play - when we do different things: go out together, play games together ...



Great. What games shall we play?



## Talk together

What First Holy Communion preparation have you been doing at home since last time?

In what ways can you make Sunday special?

How are you feeling as the great day of your First Holy Communion approaches?

Do you have other questions that you want to share?



*Virtues help us to become like Jesus: they bring out the very best in us.*

*Today's virtue is*

# Courage



## **Read together**

We need courage when things get difficult. Courage helps us to keep going and to persevere and to show bravery at all times.

Holy Communion helps us in many ways. Holy Communion gives us nourishment and it also gives us strength. In Holy Communion Jesus is with us and remains with us always: He helps us to be brave and always to do the right thing.

**“Be strong and of great courage. Do not be afraid and do not be frightened of anyone, for the Lord your God Himself walks with you.”**

*(Deuteronomy 31:6)*



# Bread from heaven



## Read together

Underline words; write down and draw your thoughts by the side of the Bible story.

*A long time ago in a country  
far, far away*

*God has rescued His people  
from slavery. The Egyptians  
have pursued them.*

*Moses has led God's people  
deep into the desert.*

*In the desert there is very  
little food to eat and very little  
water to drink ...*

God saw that the people were hungry and thirsty.

God said to Moses:

*"I can see that my people are suffering. I will rain bread  
from heaven so that they may have enough food to eat."*

When the people awoke next morning,

*suddenly* they saw something fine, something  
flake-like, something hoar frost-like lying all over the  
ground, and they asked:

*"What is it?"*

Moses answered:

*"It is bread from heaven. It is called Manna and it is  
good to eat. Gather as much as you can so that you no  
longer go hungry."*

From that time onwards Manna appeared on the  
ground every morning in the desert. The people were  
never hungry again.

Manna was a great gift from God: it gave the  
people the strength and **courage** they needed  
as they journeyed home to the land which God  
had promised them.

*Adapted from the Book of Exodus (chapter 16)*

# Jesus, the Bread of Life

## Read together

One day Jesus went up into the hills with His disciples. A great crowd followed them. When He saw how large the crowd was, Jesus asked His disciples, *“How shall we feed all these people?”*

The disciples brought a young boy who had five loaves and two fish to Jesus. Jesus **took** the loaves; Jesus **gave thanks**; Jesus **broke** the loaves; Jesus **gave** the pieces of bread to His disciples to give to the crowds to eat. Everyone had as much to eat as they wanted.

Jesus then said to the people, *“Our ancestors ate Manna, bread from heaven, in the desert. But Manna does not last. My Father is now giving you the True Bread from Heaven, the Bread that lasts for ever. I am that True Bread: anyone who shares in this Bread will live with me forever.”*

*Adapted from the Gospel of St John (chapter 6)*

Jesus is inviting all of us to share in that True Bread in Holy Communion so that we may be strengthened by Him and walk with Him always.



## Talk together

Read the following questions. Talk together about one or two of them.

1. Who do you consider to be a person of great courage? How does that person show courage?
2. What helps to make you stronger and more courageous?
3. In what ways did Jesus show courage?
4. In Holy Communion Jesus remains with us. How does it make you more brave and courageous to know that Jesus remains with you always?

# Receiving Holy Communion

## Read together

During Holy Mass, as we prepare to receive Holy Communion:

- We pray the Our Father together and share the Sign of Peace with those around us.
- We sing the “Lamb of God” together and kneel down in prayer to prepare our hearts to welcome Jesus in Holy Communion.
- Quietly and reverently we join the Communion Procession and receive the Body and Blood of Christ.

## After receiving Holy Communion:

- We return to our places, kneel and pray a Prayer of Thanksgiving.

The fourth part of Holy Mass **(The Concluding Rites)** follows. This part is very swift.

- The priest leads our final prayer, blesses us and **sends us out** to love and to serve Jesus, our friend and Our Lord.

Sent out from Holy Mass, I make this promise below.



## Talk together

I will have the courage to:

---

---

---

Here are some ideas of answers you may give:

- show God’s love by being kind to my brother or sister;
- tell someone about Jesus;
- talk to someone in the playground who hasn’t got anyone to play with;
- do the right thing, even when my friends are telling me not to.

# Holy Communion

## Read together

When we are hungry our tummies rumble and we begin to feel weak. Holy Communion is our spiritual food: we sometimes call Holy Communion 'food for our souls'. Holy Communion gives us the strength and energy we need to fight sin (to overcome our anger and selfishness) and to live the life of Jesus (a life of love and generosity). In Holy Communion we meet Jesus and He remains with us to help us to live like Him always.

To help us to prepare to meet Jesus in Holy Communion we take time to be still and to pray. We approach Jesus (who is present in Holy Communion) with reverence and deep joy. We take time after receiving Holy Communion to give thanks to God in prayer.

## Receiving Holy Communion

Move forward in the Communion Procession with reverence: you are about to receive Jesus Himself.

When you reach the priest:



## Receiving the Body of Christ

The Body of Christ is received either in the hand:



or on the tongue:



## Receiving the Blood of Christ

Move to a priest or a minister with a chalice who is standing nearby.



- Say "Amen", take hold of the chalice firmly and take a sip of the Precious Blood of Christ.
- Give the chalice back carefully to the priest or minister, return to your place in church and quietly say a Prayer of Thanksgiving.

# At home



## Things to do at home or in church

1. Colour the words and drawings which you made on pages 162-163 as you read the story of Manna coming down from heaven.
2. Find at least **one** object to put in your backpack. This object should remind you about receiving Holy Communion. It may be: a sheet to remind you of how to receive Holy Communion; a commitment to receive Holy Communion with reverence; a prayer to say in thanksgiving after you have received Holy Communion; something else.
3. Make entries in your Reflection Book. Talk to a catechist, a teacher or another adult about what you would like to record.

4. There's no Treasure Hunt this week. Instead there's an activity about how we receive Holy Communion. Your catechist will explain how you can do this.
5. On the opposite page you will find a prayer which you may use as your Prayer of Thanksgiving after receiving Holy Communion: **My Jesus, I give You myself**. Practise praying this lovely prayer each day with your family or in your Prayer Place at home. Practise the Quiet Prayer (**Lamb of God, have mercy on us**) too.
6. Read pages 172-173 (about the questions Jess and Ryan have). Think about these questions. Bring your thoughts to share at the beginning of the next session.

# Praying with courage



## Let us pray together

- Sit quietly
- Close your eyes
- Be still

In the silence of your heart, slowly repeat the following words a few times:

*Lamb of God, have mercy on us*  
*Lamb of God, have mercy on us*  
*Lamb of God, have mercy on us, etc.*

Below is a prayer you may like to use as your Prayer of Thanksgiving when you return to your place after receiving Holy Communion.

Let's read it together now as we end our session:

*My Jesus, I give You myself.*  
*I give You my body and soul.*  
*I give You all my thoughts,*  
*all my desires, and all my actions.*  
*I give You my senses, my eyes,*  
*my ears, my lips, my hands.*  
*Take me and make me all Yours.*  
*Bless me and keep me from all sin.*  
*Amen.*



# Session 7

***My Journey Continues***

***Celebration and Service***

**Let us pray together**

Lord Jesus,  
You are the Bread of Life.  
You love me;  
You nourish me;  
You strengthen me.  
Help me to grow in love and friendship with You,  
so that, day by day, I may become more like You.

**Amen.**

# Preparing for the final session!

Jess and Ryan have only just arrived at Grandpa's when he says:



*Sorry, kids. It's good to see you but I have to go out.*



*I've got an SVP meeting, Jess.*



*SVP stands for the Society of St Vincent de Paul, Ryan. St Vincent was a good and kind man who was known for his work among the poor and the sick. Our Society is a group of people who try to follow him by helping those who are in need.*

*Where are you going, Grandpa?*

*What's SVP, Grandpa?*



*That's right, Grandpa. I know all about it. We have Mini Vinnies in school - it's like a children's SVP. I'm a member and we do all sorts of cool things.*



*Erm ... I'm not really sure.*



## **Talk together**

What First Holy Communion preparation have you been doing at home since last time? How are you getting on with practising to receive Holy Communion?

What are you looking forward to as the day of First Holy Communion approaches? How will you continue to be involved with church beyond that day?

*That's great, Jess. And what about you, Ryan? Perhaps you could become a member too?*



*Well, there's all sorts of things you could do instead to help others. For example, once you've celebrated your First Holy Communion, you may like to become an altar server and help the priest during the Mass. Have a think, Ryan, and let me know.*



*Virtues help us to become like Jesus: they bring out the very best in us.*

*Today's virtue is*

# Reflection



## **Read together**

Life can be so very busy. It's good sometimes to stand back and take time and reflect, to think deeply about what you have done and consider what you might have done better. You have taken time over these last weeks and months to stand back and reflect, to prepare for the wonderful Sacrament of Holy Communion.

Together with other friends you have been on a fantastic journey, preparing to meet Jesus in a new way. Jesus wants to share His life with you by offering you the great gift of His Body and His Blood. By receiving Holy Communion you show how much you want to share your life with Him too.

**“Mary thought deeply about all these things and pondered them in her heart.”**

*(Luke 2:19)*

# Reflection



# Mary ponders God's message



## Read together

Underline words; write down and draw your thoughts by the side of the Bible story.

One day God sent the angel Gabriel to Mary, a young woman who lived in a town called Nazareth. The angel had a special message for Mary.

The angel said:

*"I bring you joyful greetings, Mary. You have been blessed by God. He is with you now and always."*

Mary was filled with wonder and asked herself:

*"What do these words mean?"*

The angel continued:

*"Do not be afraid, Mary. You have been chosen by God to bear a son, and you shall name Him Jesus."*

Mary replied:

*"How can this be? I am a virgin and do not yet have a husband."*

And the angel said:

*"Your child will be holy and will be God's own Son."*

Mary **took time** to **reflect** and **think** about the angel's words. Deep in her heart Mary knew that these words were true and that they came from God.

Mary bowed her head and said:

*"I am the servant of the Lord. May His will be done through me."*

*Adapted from the Gospel of St Luke (chapter 1)*

# 'I wonder'



Read the story on the page opposite. As you read, imagine that you are in the story and are walking on the road to Emmaus with the stranger. Write a sentence or draw a picture in each box below. As you walk along:

What do you **see**?

What do you **think** is happening?

What does it make you **wonder**?

# The disciples take time with the risen Jesus



## Read together

Jesus has died and been buried. Two of His disciples are on their way to a village called Emmaus. **Suddenly** they realise that someone else is walking beside them.

*"I can see that you are **thinking very deeply about something**," the stranger says. "May I ask you what you are talking about?"*

*"Haven't you heard," they reply, "about Jesus of Nazareth? We had put our hope in Him but He was condemned to death and crucified. But now some women tell us that He is alive! We do not know what to think."*

*"And haven't you heard in the scriptures," the stranger continues, "about the Christ sent from God who is to*

*suffer for all people – just as Jesus did?"*

The stranger continues talking and explaining, **taking time** to help the disciples **reflect** and understand what has happened. When they arrive at Emmaus, the disciples invite the stranger to stay with them: they want to continue talking and **reflecting** together.

As they eat a meal together, the stranger **takes** bread; **blesses** it; **breaks** it; **gives** it to the disciples.

As the stranger does this, **suddenly** the disciples recognise Him. **"Jesus!"** they exclaim.

But Jesus has vanished from their sight.

*Adapted from the Gospel of St Luke (chapter 24)*

# Taking time with Jesus and with others

## **Read and talk together**

When you have received Holy Communion for the first time, what will you do next?



**Come to church:** don't let your First Holy Communion be your last Holy Communion but come to church – and come again and again: to celebrate with Jesus and with His other friends in the parish family.

**Come every Sunday:** Sunday is special - it's the day we celebrate that Jesus is risen. Sunday is a day of joy and it's a great joy to spend time with Jesus and our friends in church on that day.

**Come on special days:** on feast days and holy days.

Come to celebrate:

**Christmas EPIPHANY ALL  
ASH WEDNESDAY SAINTS  
EASTER CANDLEMAS  
PENTECOST CORPUS CHRISTI  
YOUR PATRON SAINT'S FEAST**

**Join in processions:** honouring Mary, Our Mother and Queen, in her special month of May; honouring God's gift of the Body and the Blood of Christ on a special feast day called **Corpus Christi** (these two words mean **The Body Of Christ**).

**Prepare:** for the next great Sacrament that you will receive: **Confirmation!**

# Taking time for others

As you prepare to receive the gift of Holy Communion, why not take time to reflect and think about what you could give back to God and give to others.

Perhaps you could serve God and your friends in church by becoming an **Altar Server**. Altar servers help the priest to make sure that Holy Mass runs smoothly and reverently.

Are there other ways you may be able to help in church especially during Holy Mass? Perhaps you could help by reading or with the music or in other ways in your own church.

Why not make a promise to Jesus and make a special effort to help others who are in need.

Below are some groups and organisations which try to help others. How could you find out more about these or other organisations? How may you be able to help them?

## **Examples of organisations:**

**Mini Vinnies**



**CAFOD**



**Mission Together**



**Diocesan Caritas**  
 **Caritas**

# Treasure hunt: for future altar servers

*As an altar server: what do you need to notice?*

Some things altar servers carry into church:

**PROCESSIONAL CROSS**

**PROCESSIONAL THURIBLE**

**CANDLES INCENSE**

**YOU WILL FIND THESE THINGS IN THE SACRISTY**

*A Sacristy is a room next to the Sanctuary where priests, deacons and servers prepare for Holy Mass.*

Some things altar servers help with in church:

**CHAIR MISSAL BELL**  
**OBJECTS ON THE**  
**CREDENCE TABLE**

*Do you remember what these are? See page 153.*

**BELLS**

*Bells are rung three times during the Eucharistic Prayer in Holy Mass.*

*Do you know when and why they are rung?*

Some things altar servers wear:

**ALB CASSOCK & COTTA**

# At home



## Things to do at home or in church

1. Read over the pages from the last session about receiving Holy Communion (pages 166-167 in Session 6). Make sure you know what to do and say for your First Holy Communion.
2. Colour the words and drawings which you made on pages 176-177 as you read the story of Mary and the angel.
3. Find at least **one** object to put in your backpack. This object should remind you of what you have planned for your journey beyond that big day of your First Holy Communion. It may be: your diary of Church feast days which you plan to mark and celebrate in a special way; a badge (or large drawing of a logo) of a group who are dedicated to serving others; something else.
4. Make entries in your Reflection Book. Talk to a catechist, a teacher or another adult about what you would like to record.
5. Do this week's Treasure Hunt. Your catechist will explain how you can do this.
6. Practise praying the prayer opposite (**Lord Jesus...**) each day with your family or in your Prayer Place at home and this week's Quiet Prayer (**Here I am Lord; ready to do Your will**) too.
7. Take time to celebrate the **Sacrament of Reconciliation** – the best way to get ready to receive Jesus in Holy Communion for the first time.

# Prayer and reflection

At the Last Supper, Jesus said to His disciples:

**“I chose you, and chose you to bear fruit. I am sending you out now to bear much fruit.”**

(John 15:16)

Jesus is saying these words to each of us too – today and every day.



## Let us pray together

- Sit quietly
- Close your eyes
- Be still

In the silence of your heart, slowly repeat the following words a few times:

**Here I am, Lord; ready to do Your will**  
**Here I am, Lord; ready to do Your will**  
**Here I am, Lord; ready to do Your will, etc.**

Let us end our session today by praying together this special prayer below as you prepare for the great day of your First Holy Communion:

**Lord Jesus,**  
**thank you for the gift of Yourself.**  
**Thank you for the gift of Your Body and Blood.**  
**Help me this day and every day**  
**to welcome You with reverence and love,**  
**and to continue to grow in love and friendship with You.**  
**Amen.**



**Today**

\_\_\_\_\_ **20** \_\_\_\_\_

in my parish church of

\_\_\_\_\_

in the town/city of

\_\_\_\_\_

I received Jesus in Holy Communion  
for the very first time.

**Thank you Jesus  
for this great gift.**

*A huge thank you to the very many people who have helped to produce this book.*

*Thank you also to all those people who have helped to prepare our children to celebrate the sacraments of Reconciliation and Holy Communion for the first time.*

*Next sacrament:*

**Confirmation...**



Nihil Obstat: Reverend David Bulmer, STL Censor Deputatus  
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