

# Diocese of Motherwell



## First Holy Communion Family Workbook

## ACKNOWLEDGEMENTS

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Scripture texts are taken from the Jerusalem Bible © 1985 by Darton, Longman and Todd Ltd and Doubleday & Company Inc., and The Lion Bible for Children © 2008 Lion Children's Books.

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**Name**\_\_\_\_\_

**School** \_\_\_\_\_

**Class**\_\_\_\_\_

**Date I started this workbook** \_\_\_\_\_

**Date I completed this workbook**\_\_\_\_\_

# Introduction

## Background Information for Parents

**"I would create the whole universe again, just to hear you say that you love me."**

*Jesus in a vision to St Teresa of Avila*

The Eucharist, Holy Communion, is the greatest gift which God has given to us. At the Last Supper, on the night before he died, Jesus celebrated the Passover meal with his disciples. The Passover celebrates the freedom which the people of Israel gained from slavery in Egypt. Just as he was about to be captured, lose his freedom and his life, Jesus took that life in his hands, and gave it as a gift: "This is my body, given for you...This is my blood, poured out for you."

Jesus now wishes your child to share this gift, the greatest expression of his love, in Holy Communion. First Communion day is one of the greatest memories of childhood, and you have an irreplaceable part in guiding your son or daughter to fully appreciate its importance. You have given them the gift of life, and promised at Baptism to support them in their faith journey. As the Baptism rite says, you are the first educator of your child in the ways of faith. The school and parish stand ready to help you in the commitment which you took.

This workbook provides one way in which you can support your child on their journey. The most important way in which you can help your child at this time is by taking them to Mass. This will enable them to

feel part of the parish and community of faith. It will also ensure they can experience at Mass what they are learning about in school.

Enjoy this privileged time in your child's faith formation.

For more information and a link to useful websites, see the new diocesan website designed especially for parents and carers:

[www.rcdom.org.uk/parents-resources](http://www.rcdom.org.uk/parents-resources)

## Information for Parents

	Please now do this activity and prayer with your child (tick):	Please return the workbook to school by:
Home activity 1		
Home activity 2		
Home activity 3		
Home activity 4		
Home activity 5		
Home activity 6		
Home activity 7		
Home activity 8		

# 1. Community of Faith



## Background Information for Parents

**"The Church is an old woman, with many wrinkles and furrows. But she is my mother."**

*Karl Rahner*

A community is formed when people gather together because of shared attitudes, beliefs and interests. When people come together regularly to share experiences, listen and support one another the community is strengthened and can flourish. We are all united in a community of faith, the Catholic community. In the Sacraments of Baptism, Reconciliation and First Holy Communion, the Catholic community opens its arms to welcome new members into the parish.

When your child was baptised, they began the journey of sacramental initiation. When they receive their First Holy Communion, they will be taking the next step on this journey. They will be gathering *together* to receive the Eucharist, not just as individuals, but as a *community*.

In this session your child will learn what is meant by a community and discuss different communities they are part of and how this makes them feel. They will learn that a church building is a sacred and holy place but that it is the people who gather there that make up the community of faith. They will explore how they were first initiated into the church community and how their faith strengthens their relationship with God and His community.

**Bible references for this theme:**

Acts 2:44-47  
Matthew 5:13-16  
John 13:34-35  
Psalm 55:13-14  
Romans 12:9-10

**During this theme your child will become more familiar with the following key vocabulary:**

Community	Baptism
Parish	Initiation
Faith	Eucharist
Sacraments	Reconciliation





## Community of Faith

### Class Discussion

### What is a community?

A community is a group of people who gather together with similar interests, beliefs and something in common.

One community you are part of is your school community. Can you think of any other communities you are part of? This could be a sports club, a music group, drama or art club. Write them here.

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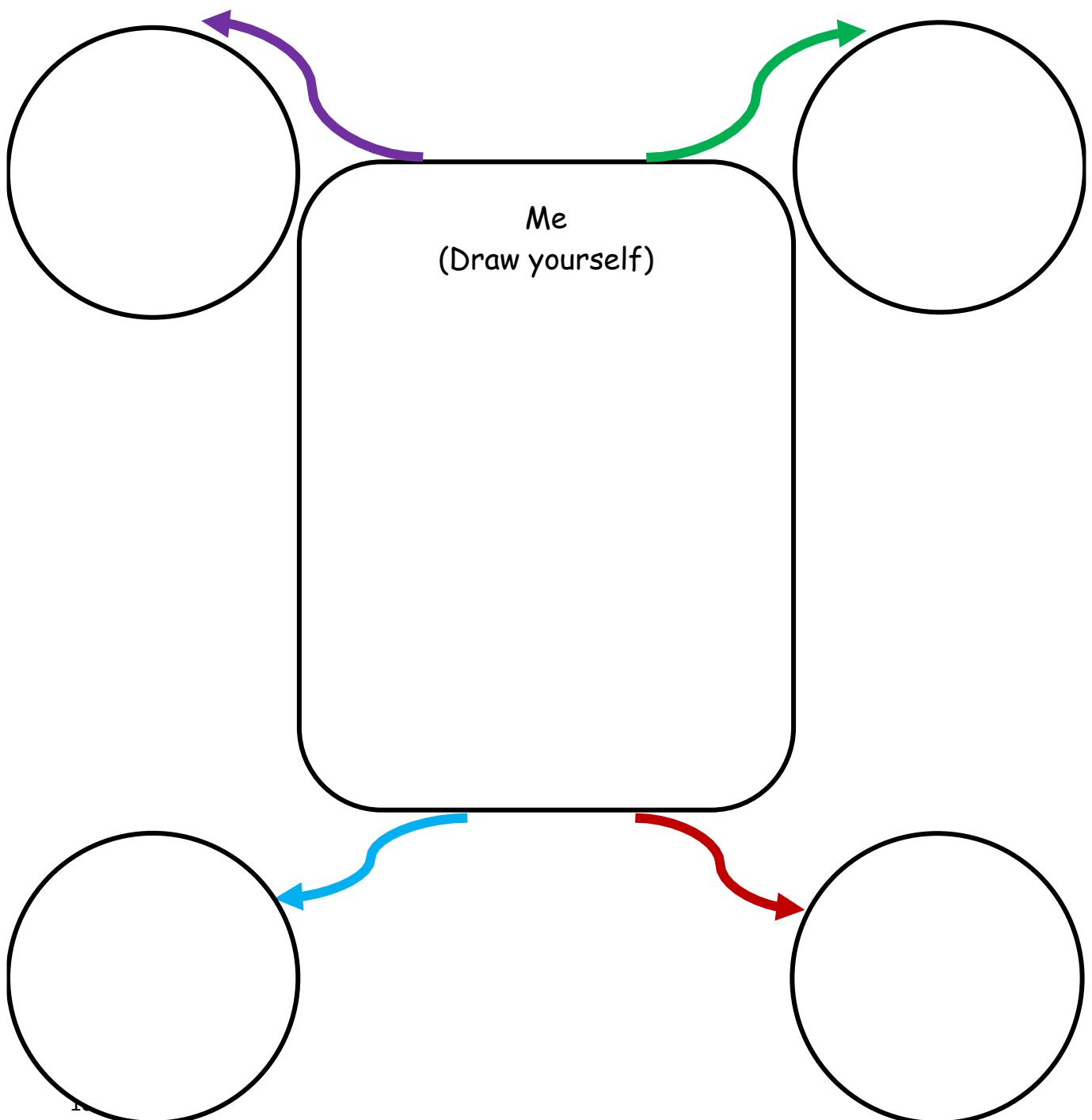
Think carefully about who you see and what you do when you are with this group or community. Discuss with your classmates how you feel when you are with this community.

"All the believers were together and had everything in common. Acts 2:44



**Independent Activity** *(complete in school)*

- 1) Draw yourself in the centre and write or draw the communities you are part of in the outside circles.
- 2) Write the names of other people who are also part of this community around the circles.



"All the believers were together and had everything in common. Acts 2:44

3) Write a short paragraph to explain how you feel when you are with these communities. \_\_\_\_\_

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### Class Discussion

## Community of Faith

The Church building is a very sacred and holy place. However, it is the people who attend Mass that make the Church extra special. This is the Church community or the community of faith.

**You** are also part of the Church community. The Community of Faith.

Please complete:

Name of my Parish \_\_\_\_\_

Name of my Parish Priest \_\_\_\_\_

Who do you go to Mass with? Who else do you see when you go to Mass? They are also part of the Church community.

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You were first welcomed into this community when you received the Sacrament of Baptism. You will continue to build upon your faith and relationship with God as you prepare to receive your First Holy Communion.

"All the believers were together and had everything in common. Acts 2:44

## At Home 1



Visit your local parish. Take some photographs of your church if you can, or draw pictures and put them here.



Now create three questions you would like to ask your parish priest.

Hopefully you will have the opportunity to ask him these questions before you receive the Eucharist.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

"All the believers were together and had everything in common. Acts 2:44



## Prayer and Reflection at Home



Light a candle if you have one. Take a moment to be still and calm. Close your eyes. After a few moments of silence, say the following prayer with your family.

In the name of the Father and of the Son and of the Holy Spirit, Amen.

God our Father, we thank you for all the communities we are part of and that make us feel so welcome. We thank you especially for the community of faith. In this community we are connected to one another and belong to you.

We thank you also for guiding us through our Sacraments of Initiation; Baptism and Reconciliation. We know that it is through these sacraments we were first welcomed into your Church.

Help our family to remember that we are connected to all the members of the Church community and guide us as we now prepare for \_\_\_\_\_'s First Holy Communion.

In the name of the Father and of the Son and of the Holy Spirit, Amen.

**Mass response to learn:** "And with your spirit."

**Prayers to learn:** Sign of the Cross. Our Father, Glory be to the Father.

"As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him" Matthew 3:16

## 2. The Sacraments

### Background Information for Parents

"Through Baptism each child is inserted into a gathering of friends who never abandon him in life or death...This group of friends, this family of God, into which the child is now admitted, will always accompany him, even on days of suffering and in life's dark nights; it will give him consolation, comfort and light."

*Pope Benedict XVI*



Your child has been learning about the seven Sacraments of the Church. These Sacraments are Baptism, Reconciliation, Eucharist, Confirmation, Marriage, Holy Orders and Anointing of the sick. The Sacraments of Initiation are Baptism, Eucharist and Confirmation. When you choose to have your child baptised, they began the journey of Sacramental Initiation.

Help your child to understand the Sacraments by asking them what they have been learning about in school. Talk to your child about the Sacraments that they have already received i.e. Baptism and Reconciliation. Share your experiences of Sacraments with your child. Show your child photos or mementos of these special occasions. Help your child to feel part of the parish community and to experience at Mass what they are learning about in school.

#### Bible references for this theme:

Matthew 3:13-17  
John 1:29-33  
Acts 2:37-38

#### During this theme your child will become more familiar with the following key vocabulary:

Sacraments	Initiation
Baptism	Reconciliation
Eucharist	Confirmation
Holy Orders	

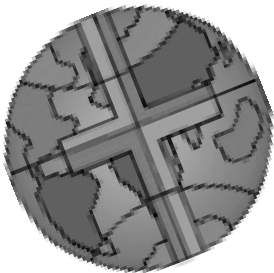
"As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him" Matthew 3:16

### In Class

We are learning  
about

The Sacraments I have  
received are

What are the seven  
Sacraments?



The  
Sacraments of  
the Church  
Family

"As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him" Matthew 3:16

The Sacraments of Initiation are \_\_\_\_\_,  
\_\_\_\_\_ and \_\_\_\_\_.

Through these I am welcomed into the  
community of faith, the Church.

One of the other Sacraments I  
have learned more about is

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"As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him" Matthew 3:16



In class, read and discuss the following scripture:

### **Matthew 3**

In those days John the Baptist came, preaching in the wilderness of Judea and saying, 'Repent, for the kingdom of heaven has come near.' This is he who was spoken of through the prophet Isaiah: 'A voice of one calling in the wilderness, "Prepare the way for the Lord, make straight paths for him." John's clothes were made of camel's hair, and he had a leather belt round his waist. His food was locusts and wild honey. People went out to him from Jerusalem and all Judea and the whole region of the Jordan. Confessing their sins, they were baptised by him in the River Jordan.

### **The baptism of Jesus**

Then Jesus came from Galilee to the Jordan to be baptised by John. But John tried to deter him, saying, 'I need to be baptised by you, and do you come to me?' Jesus replied, 'Let it be so now; it is proper for us to do this to fulfil all righteousness.' Then John consented. As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, 'This is my Son, whom I love; with him I am well pleased.'

"As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him" Matthew 3:16

## At Home 2



This week in class we have learned more about what happened at your Baptism. We have looked more closely at the four symbols of Baptism. Match the symbols to the correct statements.

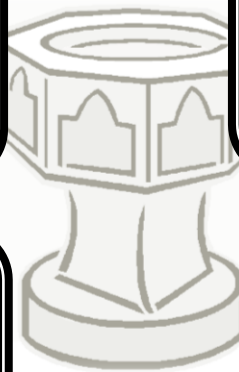
Holy Water   Holy Oils   Baptismal Candle   White Garment

The symbol of new life and cleansing from sin.

A reminder that Jesus is the Light of the World.

A symbol of healing and strength that comes from the Holy Spirit.

A symbol of dignity, and of Jesus' Resurrection which gives us new life.



"As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him" Matthew 3:16

**Talking Time:** Talk to your parents about the Sacraments that you have received. What age were you? Which church were these Sacraments celebrated in? Who was there? Why were you making the Sacraments?

Complete the boxes below after your discussion. If you have a photograph of these special occasions please add them or draw a picture. Thank you!

## My Baptism



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"As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him" Matthew 3:16

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## My First Reconciliation



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- ❖ Ask your parents to share mementoes from your Baptism/Reconciliation with you. Perhaps you could bring some into class to share with your friends.
- ❖ Look for the baptismal font, the Paschal candle and the confessional at Mass and talk about why these are special.

"As soon as Jesus was baptised, he went up out of the water. At that moment heaven was opened, and he saw the Spirit of God descending like a dove and alighting on him" Matthew 3:16



## Prayer and Reflection at Home



Light a candle if you have one. Take a moment to be still and calm. Close your eyes. After a few moments of silence, say the following prayer with your family.

**Prayer:** Make the sign of the cross.

Father,  
Thank you for your help and guidance on my Journey of Initiation. Bless all those who shared in the Sacraments that I have received and pray for them as they support me on my journey. Help me to realise the importance of the Sacraments in my life as a member of the church community.  
Amen.

Now pray together the Act of Sorrow.

**Mass response to learn:**

**C:** You were sent to heal the contrite of heart: Lord, have mercy.

**P:** Lord, have mercy.

**C:** You came to call sinners: Christ, have mercy.

**P:** Christ, have mercy.

**C:** You are seated at the right hand of the Father to intercede for us.

**P:** Lord, have mercy.

**Prayers to learn:** Sign of the Cross, Act of Sorrow.

"I am the bread of life, anyone who comes to me will not be hungry, and the man who believes in me will never be thirsty"

John 6:35

## 3. Journey of Faith

### Background Information for Parents

**"Not to go to Communion is like someone dying of thirst beside a spring."**

*St John Vianney*

In this section your child will have the opportunity to hear and read the Word of God. As they have progressed through the 'This Is Our Faith' programme, your child has been taught to treat the Holy Bible with reverence and respect. They have heard and reflected upon many narratives from the Old and New Testaments.

Help your child to understand that the liturgy of the word is a special time in the Mass where we are asked to listen in a particular way to the Word of God. Remind them that we listen so that we hear what the Word of God is saying to us. We also listen so that we can know what God's word in the reading is asking us to do.

In class, we have focused on three particular narratives which tell us how God nourished people on their faith journeys. If you have a Bible in your home, you could look at these with your child. Take time to read and reflect together.

Help your child to feel part of the parish community and to experience at Mass what they are also learning about in school.

#### **Bible references for this theme:**

1 Kings 19: 4-8 (The Journey of Elijah)

Mark 6: 30-44 (The Miracle of the Loaves and Fishes)

Luke 24: 13-45 (The Road to Emmaus)

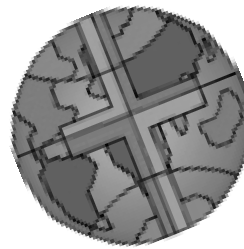
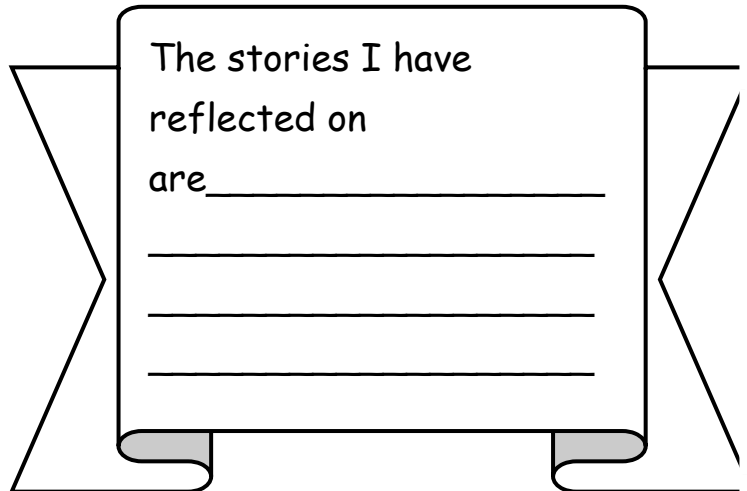
#### **During this theme your child will become more familiar with the following key vocabulary:**

faith journey, liturgy, liturgy of the word, readings, Gospel, homily, Holy Book, Bible, Old Testament, New Testament, parables, miracles, Sacred Scripture, Word of God, sacred book.

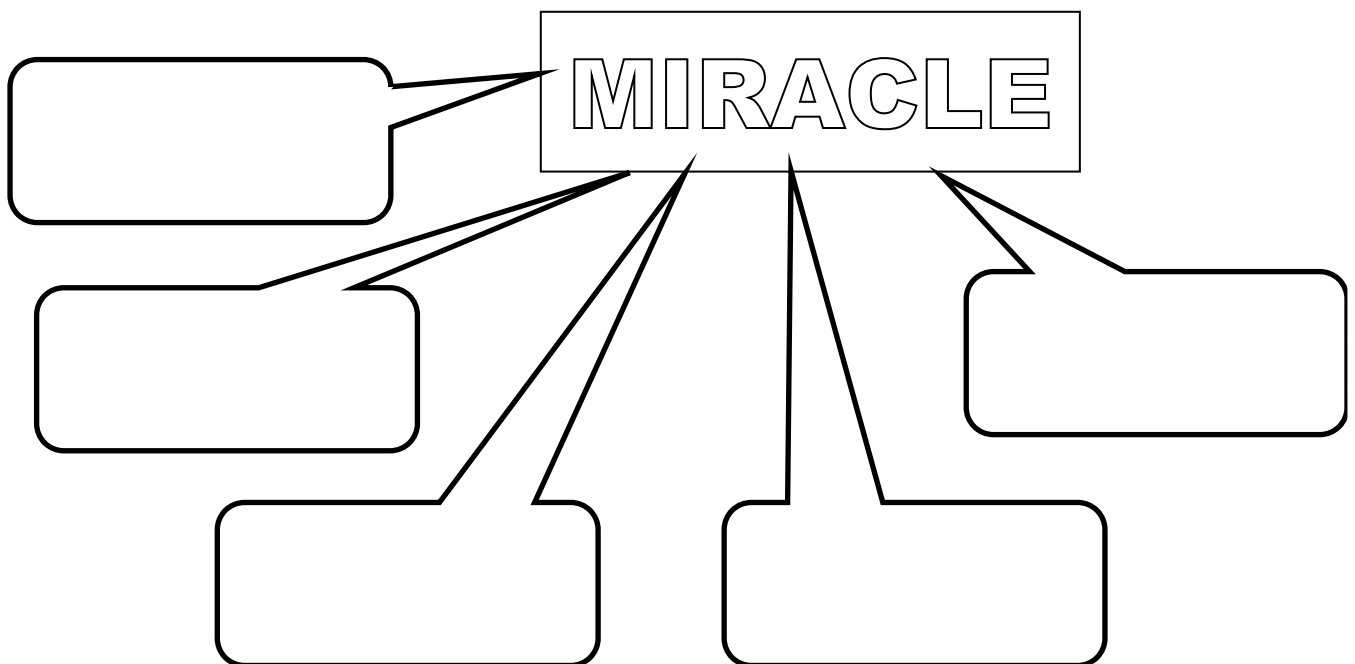
"I am the bread of life, anyone who comes to me will not be hungry, and the man who believes in me will never be thirsty"

John 6:35

### In Class



We hear many stories telling us of the miracles performed by Jesus.  
How many can you recall?





"I am the bread of life, anyone who comes to me will not be hungry, and the man who believes in me will never be thirsty"

John 6:35

We have learned that Jesus nourishes us on our faith journey towards our First Holy Communion. Fill in the table by drawing a picture of all that nourishes you in your life. Write your name in the central box.



<b>God</b>			<b>Love</b>
<b>Shelter</b>			<b>Food</b>

"I am the bread of life, anyone who comes to me will not be hungry, and the man who believes in me will never be thirsty"

John 6:35

**Water**

**Education**



## **Bible focus**

We have learned about treating the Bible with reverence and respect. Can you suggest some alternative names for the Bible?

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John 6:35


### At Home 3

This week in class we have learned more about how God nourishes us spiritually. Together as a family write a simple prayer to thank God for the spiritual nourishment he gives us.



**Talking Time:** Talk to your parents about the stories you have heard from the Bible. Who were the main characters in the stories? Complete the box below after your discussion, with a picture and words.

## Re-tell the story of the Loaves and Fishes

[illegible]

## Prayer and Reflection at Home

I am the bread of life, anyone who comes to me will not be hungry, and the man who believes in me will never be thirsty"



### Prayer and Reflection at Home



Find a quiet spot in the house, light a candle if you have one and perhaps put on some quiet music. Pray together as a family. If you can, place any photos or mementos of any visitors to your home beside the candle.

Take a moment to be still and calm. Close your eyes. After a few moments of silence, say the following prayer with your family.

In the name of the Father and of the Son and of the Holy Spirit, Amen.

God our Father, we thank you for the family stories which we know and share. Help us to share our family stories often with one another. We thank you for the stories of the Church family which are in the Bible. Help us to listen well to the Gospel message of Jesus. Help us to love one another as Jesus taught us to do.

Help us to appreciate how You nourished people on their faith journey. Help us to remember that You provide us with spiritual nourishment.

In the name of the Father and of the Son and of the Holy Spirit, Amen.

## 4. The Last Supper

### Prayers to learn:

Sign of the Cross. Act of Sorrow.

### Background Information for Parents

**"God would have given us something greater if he had had anything greater than himself"**

*St John Vianney.*



In this section, the theme of your child's Religious Education lessons is 'The Last Supper'. Your child will explore the story of The Last Supper and the important words that Jesus used with his friends.

During this section your child will explore nourishment in a physical, mental and spiritual aspect in relation to The Last Supper. Your child will look at ways they can keep themselves nourished at school, at home and within the wider Parish community. Your child will know that the Eucharist and wine are a form of spiritual nourishment because it is the Body and Blood of Jesus Christ that he wished to give us.

Your child will be identifying ways to celebrate with their Parish Community and the special meal we share at Mass. Your child will be exploring the Consecration of the Mass and the important words and responses to this part of the Mass.

Your child will be learning about Jesus sacrificing Himself on the cross for us and your child will discuss the meaning of a sacrifice and think about personal experiences. Your child will explore the bread becoming the Body of Jesus Christ and the wine becoming the Blood of Jesus Christ.

### Bible references for this theme:

The Last Supper:

Matthew 26: 17-30; Mark 14: 12-26

26; Luke 22: 7-23; John 13: 1-20

During this theme your child will become more familiar with the following key vocabulary:

Eucharist, consecration, nourishment (physical, mental,

In Class

## The Last Supper



Read the extract from the Story of the Last Supper; highlight the part we hear in mass that tells us that the **Consecration** is taking place.

Jesus took the bread on the table and gave thanks to God. Then he broke it very slowly. The way he did it made all the disciples stare, because he seemed to feel the pain and the brokenness himself, as if a great sorrow were tearing him apart.

"Here" Jesus offered the pieces to his friends. "This is my body, which is given for you."

"His body...?" someone whispered. It was hard to understand.

Then Jesus took the cup of wine.

"This is my blood, which is poured out for many for the forgiveness of sins. All of you must drink it."

*Taken from 'The Lion Bible for Children', P282*



### Bible Detective Work

Can you find out the names of everyone who stayed at the Last Supper?

"This is my body, which will be given up for you: do this as a memorial of me" Luke 22:19

Who was the one disciple to leave early?

Why do you think he left?

*\* If time allows, a class 'Last Supper Celebration' can be organised.*

*See 'Additional Notes' booklet.*

**In Class**



Can you find a dictionary definition of the word 'Sacrifice'?

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Write in your own words what is a sacrifice?

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***Jesus sacrificed Himself on the cross for us!***

***We celebrate this at Mass.***

**Have you ever had to make a sacrifice?**

**Think, pair and share!**

**Talk to your partner and then share with another pair.**

**Why do you and your partner think Jesus sacrificed Himself for us?**

"This is my body, which will be given up for you: do this as a memorial of me" Luke 22:19

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### At Home 4



Talk to your family about what a sacrifice means to them?



Discuss with a member of your family about a sacrifice they have had to make and why they chose to make that sacrifice.



Draw The Last Supper celebration with parents if this took place in your class recently.

What did you have to eat and drink?



"This is my body, which will be given up for you: do this as a memorial of me" Luke 22:19

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## Prayer and Reflection at Home



Light a candle if you have one. Take a moment to be still and calm. Close your eyes. After a few moments of silence, say the following prayer with your family.

In the name of the Father, and of the Son and of the Holy Spirit,

Amen.

God our Father, we thank you for the family meals that we have shared together. We thank you for the Mass, the family meal of the Church Family.

We thank you for helping our family as we help \_\_\_\_\_ (name) to prepare for the Sacrament of the Eucharist.

***Now pray together an Our Father.***

In the name of the Father and of the Son and of the Holy Spirit.

Amen.

## 5. Holy Communion

### Prayers to learn:

Sign of the cross; Gloria

### Mass responses to learn:

"Blessed be God for ever."

### Background Information for Parents

**"In the Holy Eucharist we become one with God like food with the body."**

*St Francis de Sales*



In this section, the theme for your child's Religious Education lessons is 'Holy Communion'. Your child will begin their journey of exploration by looking at the story of the first ever Passover. They will look at Moses and how the Jewish people in Egypt celebrated this. Your child will become more familiar with the Old and the New Testament of the Bible.

They will learn about Jesus' childhood and how he celebrated the Passover each year with his family and friends. They will be reminded that the Passover is a celebration and they will gather together to share their own celebrations.

Your child will then recall the events of Holy Week and what happened on Holy Thursday at the Last Supper.

Your child will then look at their Parish and how they can celebrate with the parish community. During this time the children will be looking at the Consecration and why this is a central focus of the celebration of Mass.

The children will become more familiar with the Parish and the sacred parts of the church.

### Bible references for this theme:

The Passover: Exodus 12

### During this theme your child will become more familiar with the following key vocabulary:

The Last Supper: Matthew 26,  
Mark 14, Luke 22, John 13

tabernacle, genuflect, chalice,  
 ciborium, Sabbath, fasting

**In Class**

## THE FIRST EVER PASSOVER



**Read or Listen** to the Story of the First Passover from the Book of Exodus Chapter 12 in the Old Testament.

**Circle** the correct answers.

Who did God give his instructions to?

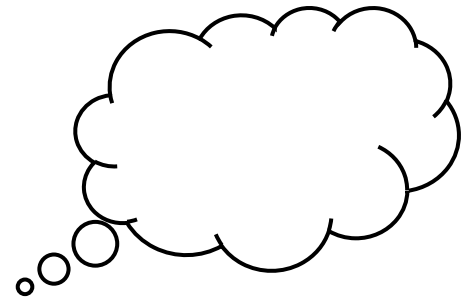
**Amos   Jesus   Moses   Pharaoh**

*If the Israelites carried out God's instructions what would happen?*

The Lord would give them riches.

The Lord would give them freedom.

The Lord would pray for them.



What had the Israelites to spread on the lintel and doorposts of their homes?

**Paint   Blood from their best lamb   Blood from their best cow**

What foods did the Israelites have at the Passover?

**Beef   Lamb   Bitter Herbs   Bread**  
**Sweet Herbs   Unleavened Bread**

Finally what happened that night after the Passover Meal?

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What is your favourite meal to have with your family?

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**Can you remember what you learned last week about the Last Supper? Jesus gave himself to us as a sacrifice at a Passover meal. We celebrate this at Mass. Let's investigate Mass in the church.**



### My Parish

The Parish Gathers together to Celebrate Mass.

Find out the following information about your local parish.

Parish Name\_\_\_\_\_

Parish Priest's Name\_\_\_\_\_

We Celebrate Mass at \_\_\_\_\_

On Weekdays at \_\_\_\_\_

On Saturdays at \_\_\_\_\_

On Sundays at \_\_\_\_\_

The Children's Liturgy at \_\_\_\_\_





### A TIME TO TALK IN CLASS



When you are going to a celebration, how do you find out about it?

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How do you prepare for a celebration?

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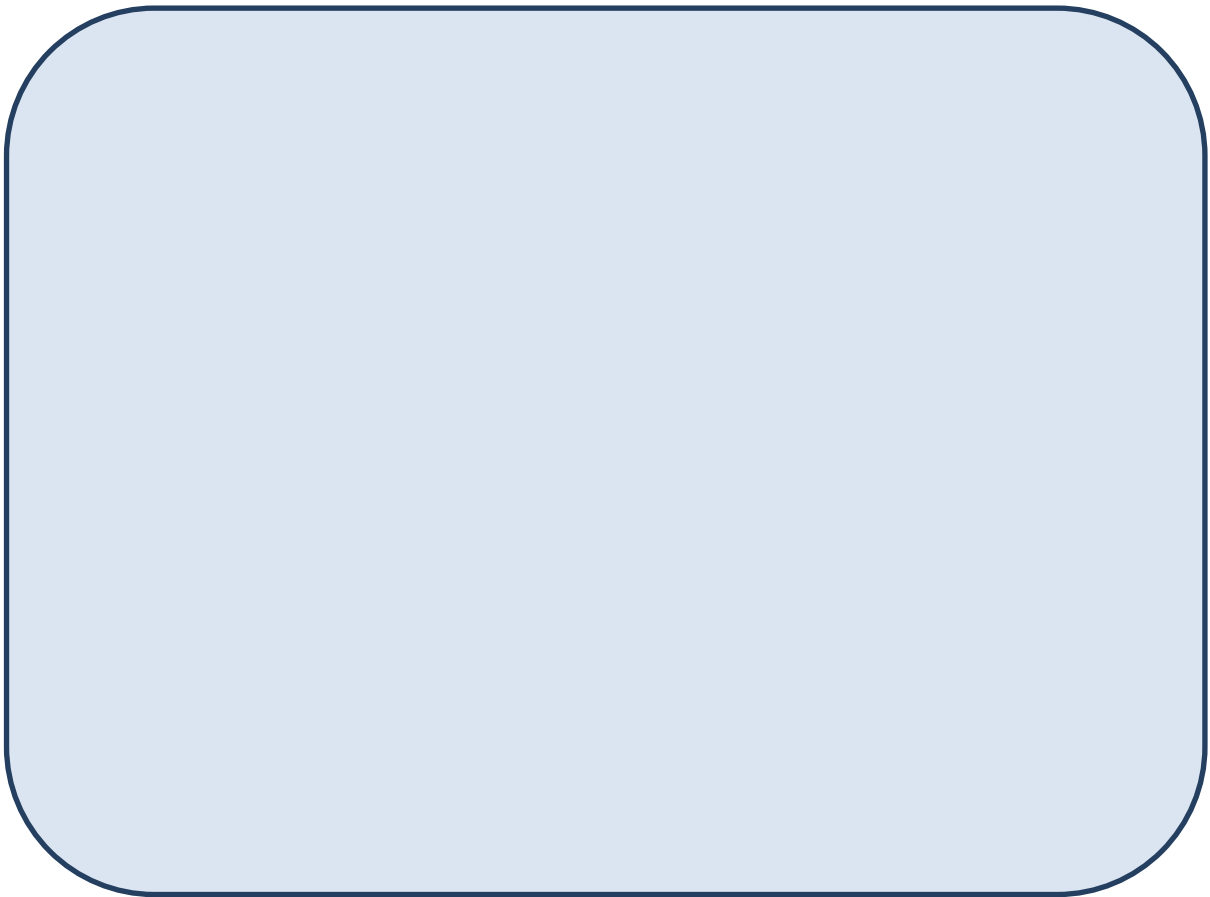
Draw a picture of you at a celebration in school.

A large, light blue rounded rectangle with a dark blue border, intended for a drawing. It occupies the bottom half of the page.

## At Home 5

### 1. Now it's time to be a Church Detective.

When you are at Mass with your family and the School, look carefully at the Altar. Draw a picture of the altar and label the parts we have talked about in class. Draw your parish priest where he is as the Consecration takes place. Put the Chalice and Ciborium in his hands.



Other things that should be labelled include: TABERNACLE, ALTAR, LECTERN, ALTAR STEPS, CANDLESTICKS, PRESIDENTAL CHAIR, CRUCIFIX, and SANCTUARY LAMP

(For help, see [www.rcdom.org.uk/parents-resources](http://www.rcdom.org.uk/parents-resources))

## 2. Invite your godparents to the celebration

Who are your Godparents?

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Invite your Godparent to come to the celebration of Mass as you prepare for the Sacrament of First Holy Communion.

Either phone or send a postcard, with your parent's permission.

Draw or Find a Picture of you and your Godparents at your First Celebration together, your Baptism, your first Sacrament.

A large, light blue rounded rectangle with a dark blue border, intended for drawing a picture of the child and their godparents.

## 6. The Liturgy of the Word

### Prayer and Reflection at Home

Light a candle if you have one. Take a moment to be still and calm. Close your eyes. After a few moments of silence, say the following prayer with your family.

Make the sign of the cross and read the extract from Psalm 107 together:

Let us give thanks to the Lord, For He is good, And His love lasts forever!

The Lord has saved us: We called to Him and He delivered us from our sin.

Let us give thanks to the Lord for His love, For the wonders He does for us:

He has given good things to the hungry. Let us offer sacrifices of thanksgiving, let us proclaim His wonderful works.

Let us give thanks to the Lord for He is good, and His love lasts forever! Alleluia

Use this time to pray for any other special intentions.

Now Make the Sign of the Cross





**"The Bible is God's love letter to us"**

*Søren Kierkegaard*

This week's lessons concentrate on '*The Liturgy of The Word*', the first part of Mass, including the scripture readings, sermon, and prayers of the faithful.

This is a good time to talk about stories from the Bible and read them with your child, if you have a Bible at home. The message of the Gospel is central to our faith. We encourage the children to listen to and act upon the message of the Gospel.

It would also be a good time to go over the responses and the Creed to help your child to be more involved in the Mass. Remind your child that we listen to the message of the Gospel and then act upon it in our daily lives.

**Bible references for this theme:**

Mark 6: 30-44

John 4: 7-15

John 6: 32-40

**During this theme your child will become more familiar with the following key vocabulary:**

Gospel, Gospel Acclamation, Responsorial Psalm, Reading, Creed, Homily, New Testament, Old Testament, Parables and Lectern.

**In Class**

"In the beginning was the Word and the Word was with God and the Word was God." John 1: 1-2

During Mass, we listen to the Word of God through the Readings and the Gospel. These are stories from the Bible. There are two parts -  
*The Old Testament and The New Testament.*

When the First Reading is over, the reader says:

***The word of the Lord.***

We answer: ***Thanks be to God.***



At the start of the Gospel, the Priest says  
***A reading from the Holy Gospel according to  
John/Luke/Matthew/Mark.***

We answer: ***Glory to you, O Lord.***

We make the sign of the cross on three parts of our body. Where do we do this and why?

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

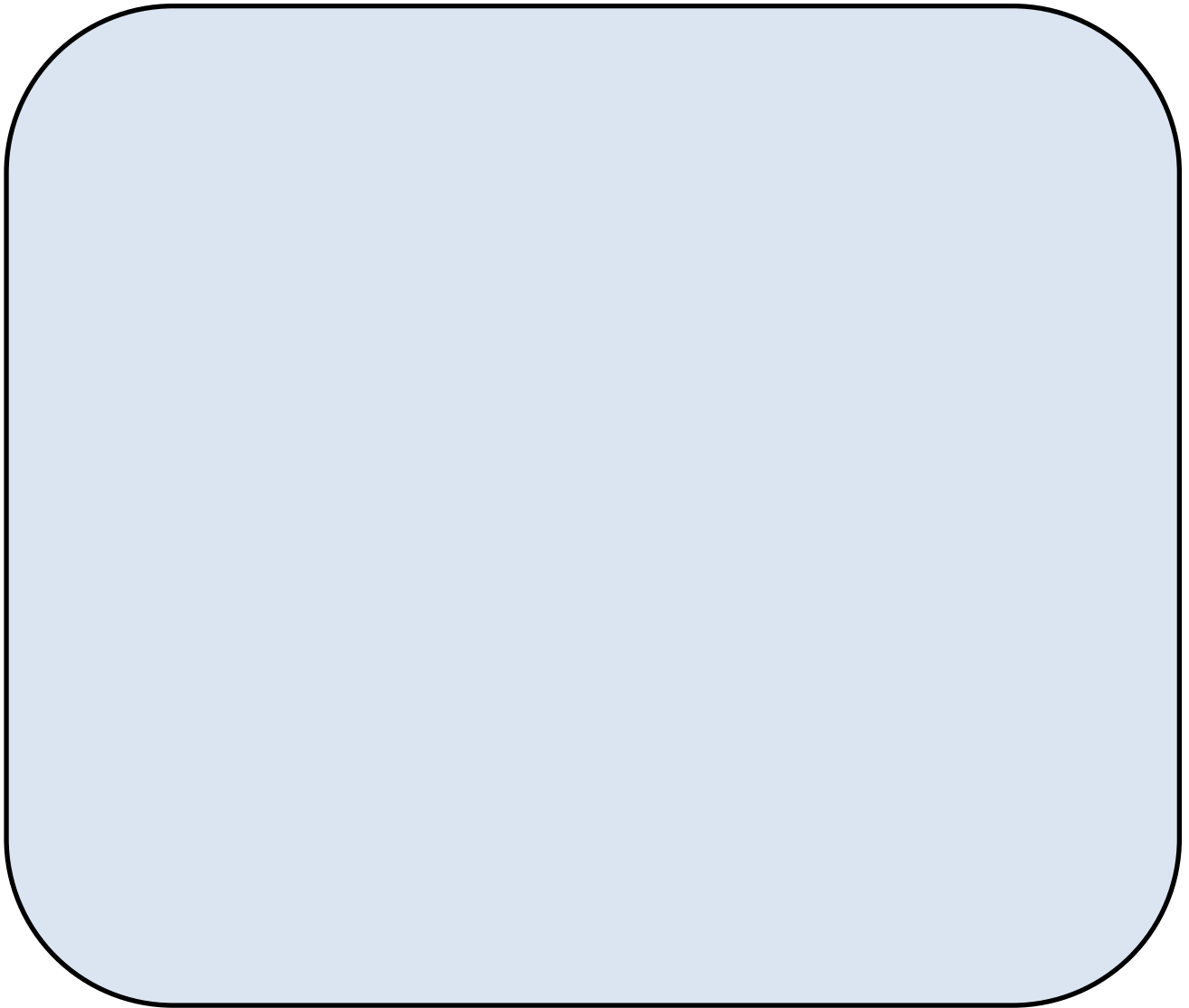
At the end of the Gospel, the Priest says: ***The Gospel of the Lord.***

We answer: ***Praise to you, Lord Jesus Christ.***

***Follow-up activity***



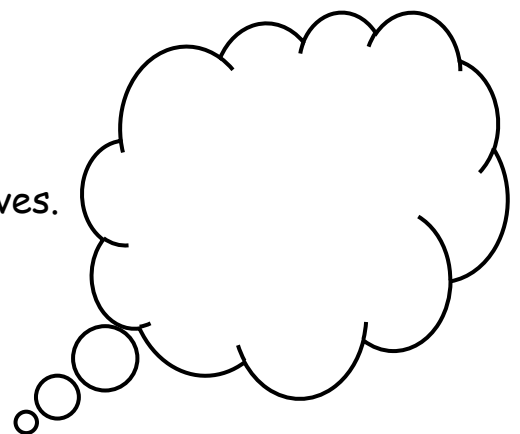
Proclaim the story of The Road to Emmaus (Luke 24: 13-45). Jesus explained the scriptures to the disciples and fed them. Draw a picture to illustrate this story.



Think about -

We listen to the Word of God.

We follow the message of God in our daily lives.



## At Home 6

### The Creed

Practise this prayer with your parents.

This prayer begins with the words

**"I believe..."**

Make a list of things we, as Catholics, believe in.

e.g. We believe in forgiveness.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



Write a prayer about how you will try to live your Catholic beliefs.



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We all know people who live the message of their belief in Jesus and the Gospel every day by living good lives. Write, draw or paste a photo about someone you know who always tries to live like Jesus (it could be a grandparent, parent or a neighbour etc., or it could be someone you've heard about on the news or in class).



A large, light blue rounded rectangle with a black border, intended for students to write, draw, or paste a photo of someone who lives like Jesus.



## Prayer and Reflection at Home



Light a candle if you have one. Take a moment to be still and calm. Close your eyes. Your parent/other adult can read out the following short reflection:

*Why do we listen to the Gospel? What can we learn from the Gospel stories and parables? How can we live lives more like Jesus would want us to?*

After a few moments of silence, say the following prayer with your family.

In the name of the Father and of the Son and of the Holy Spirit, Amen.

God our Father, we thank you for giving us the Bible so that we can understand your love for us. Help us to understand the message of the Gospel and live this message in our daily lives.

We thank you for helping our family as we prepare \_\_\_\_\_ for the Sacrament of the Eucharist.

Mary always listened to God's Word, and so we now say a Hail Mary.

In the name of the Father and of the Son and of the Holy Spirit, Amen.

### Mass responses to learn:

P. The Word of the Lord.

All. Thanks be to God

P. The Gospel of the Lord.

All. Praise to you, Lord Jesus Christ

## 7. Liturgy of the Eucharist

### Background Information for Parents

During the last week in class, the children have been learning about the Liturgy of the Eucharist, the central part of Mass which includes the offertory, the consecration, the praying of the Our Father, and the reception of Holy Communion. They have been thinking about the biblical background of different parts of Mass.



In the class session in the workbook, the children will think about how Jesus asked us, his disciples, to repeat what he did and said in order to remember him. When we don't practise something, like a foreign language we learned at school, or a good habit, we quickly forget. However, the more we practise a skill, a good habit, or our faith by repetition, the more it becomes part of us. Cardinal Basil Hume, who led the Catholic Church in England for many years, said the same thing about Mass:

**"It takes many years of being faithful to going to Mass for it to become very much part of your life and very much part of your heart. People who have been going to Mass for many years grow to love it so much that they would never miss it. The difficulty is that some people don't find it easy at first and they give up going, and that's very sad, they miss out on something very important."**

The home session will focus on one scriptural passage which we remember at Mass: just before Communion, we say the words of the Roman centurion whose servant Jesus healed, "Lord, I am not worthy

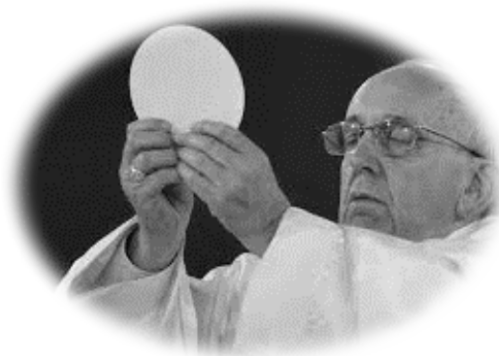
that you should enter under my roof, but only say the word and my servant shall be healed." *At Mass we change "servant" to "soul".* The session focuses on welcoming a special visitor to your home, and how the children and your family are invited to welcome Jesus in faith.

**Bible references for this theme:**

Luke 7: 1-10  
1 Corinthians 11:23-26

**During this theme your child will become more familiar with the following key vocabulary:**

Liturgy of the Eucharist,  
Consecration, tabernacle,  
chalice, Offertory,  
Holy Communion





### In Class

In section 3 we learned about the Last Supper, the sacred meal in which Jesus gave us his body and blood. At the Last Supper he said, "Do this in memory of me." At Mass we repeat many of the words Jesus and his followers said, and repeat many of Jesus' actions, because by doing so we remember him.

### Bible focus

Read the passage from The First Letter of St Paul to the Corinthians 11:23-26:



For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, and when he had given thanks, he broke it and said, "This is my body, which is for you; do this **in remembrance of me**." In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, **in remembrance of me**." For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

Do you recognize these words? These are the same words which the priest says at the **Consecration**, when the bread and wine are changed into the body and blood of Christ.



**Talking Time Activity:** The class can interview some altar servers and ask them all the things they have to remember to prepare for Mass when they are serving (robes, lights, microphone, chalice, water, wine, ciborium and hosts, tabernacle key, bells and gong, light the candles etc.) Ask them about any time they forgot to prepare these things properly. Also, how did they learn?



## We are learning

Discuss the importance of remembering, and how we remember by repetition. If we don't practise, we easily forget. To "do this in remembrance of me" we have to attend Mass regularly. We also have to learn the responses to be ready to take part.

Can the children remember some of the things the altar servers have to set up, and **match** them to the parts of the Mass they are needed for in the boxes below? Each part of the Mass can have several sacred objects assigned to it:

### Sacred Objects

Chalice

Candles

Gong and bells

Water and wine

Tabernacle key

### Parts of the Mass

Offertory procession

Throughout Mass

Communion

Consecration

## At home 7



### Talking Time: A special visitor

Talk through with your parents and other family members about a time when you welcomed an important visitor to your house. Maybe it was an uncle or aunt, your cousins, a best friend, your grandparents, or some of your parents' friends. Maybe it was a few people for a party: maybe your birthday or some other special family occasion?

What preparations did you make for their arrival?

How did you feel as the time approached for the person/people to arrive?

How did you try to make the person/people welcome?

We often want to share our news with visitors: did you share any news?

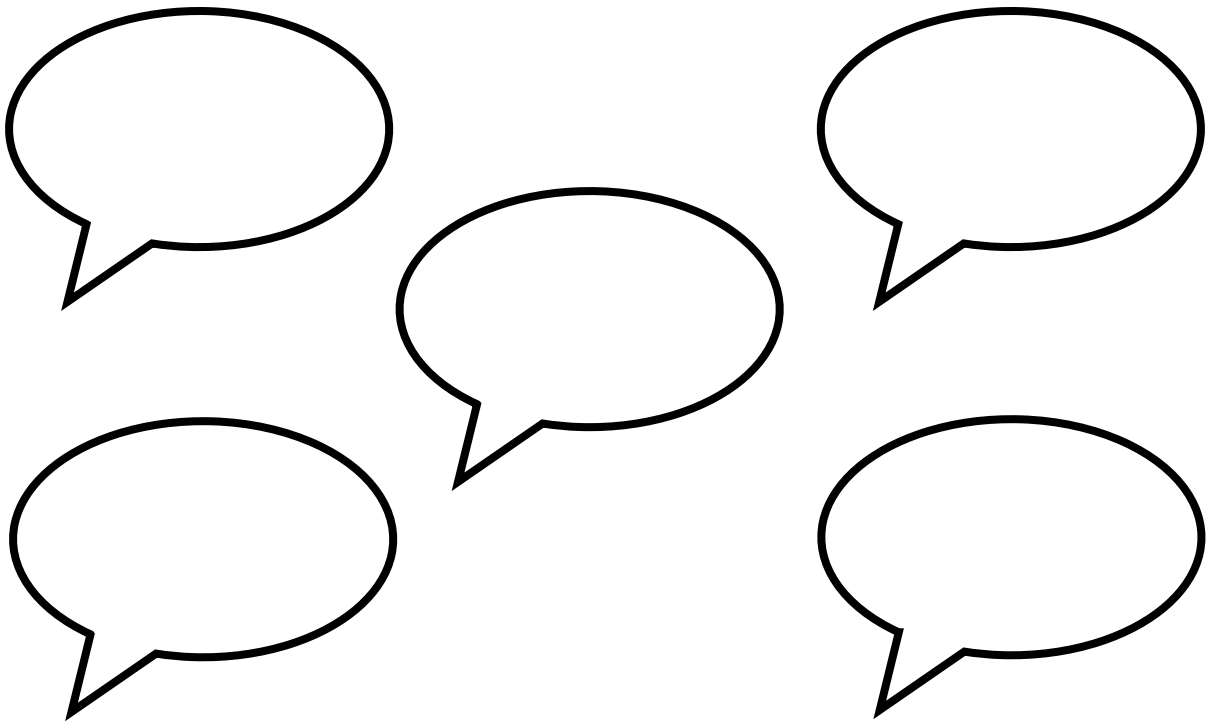
Did you share a meal with them?

When it was time to go, did you let them know that they'd be welcome back again?

(If you can't think of a situation like this, why not have some fun and pretend you were welcoming someone really important like the Pope or the Prime Minister to your house!)

### Emotion words

Write in the speech bubbles below words which you might use to describe your feelings when your special visitor (s) came to your house.



Now listen to a story from the bible about a man who wanted Jesus to visit his house:

### **The Healing of the Centurion's Servant. Luke 7: 1-10**

When Jesus had come to the end of all he wanted the people to hear, he went into Capernaum. A centurion there had a servant, a favourite of his, who was sick and near death. Having heard about Jesus he sent some Jewish elders to him to ask him to come and heal his servant.



When they came to Jesus they pleaded earnestly with him. 'He deserves this of you' they said 'because he is friendly towards our people; in fact, he is the one who built the synagogue.' So Jesus went with them, and was not very far from the house when the centurion sent word to him by some friends:

'Sir,' he said 'do not put yourself to trouble; *because I am not worthy to have you under my roof*; and for this same reason I did not presume to come to you myself; *but give the word and let my servant be cured*. For I am under authority myself, and have soldiers under me; and I say to one man: Go, and he goes; to another: Come here, and he comes; to my servant: Do this, and he does it.'

When Jesus heard these words he was astonished at him and, turning round, said to the crowd following him, 'I tell you, not even in Israel have I found faith like this.' And when the messengers got back to the house they found the servant in perfect health.

### Learning together



In class we are learning about the Liturgy of the Eucharist. We learned that just before receiving Holy Communion, we say the words the centurion said to Jesus, "Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed." When we receive Jesus we know we're not worthy of such a great visitor, but Jesus wants to come into the home of our hearts to heal us and be our friend.



## Prayer and Reflection at Home



Light a candle if you have one. Take a moment to be still and calm. Close your eyes. After a few moments of silence, say the following prayer with your family.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Read out the scripture phrase:

*"Lord, I am not worthy that you should enter under my roof."*

Lord Jesus, we thank you for the people we welcome into our home: our family, our friends. Help us to make them feel welcome among us. We welcome you under our roof when we pray: help us to make you feel welcome here, too. As \_\_\_\_\_ prepares to welcome Jesus in Holy Communion, help him/her to make a worthy place in his/her heart.

Pray together the Our Father.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

### Prayers to learn:

Sign of the Cross.

Our Father. Glory be to the Father.

### Mass responses to learn:

"And with your spirit."

## 8. After First Communion

### Background Information for Parents

**"It is in listening to Jesus' word, in nourishing ourselves with his Body and his Blood that he moves us on from being a crowd to being a community, from anonymity to communion."**



*Pope Francis, Homily for Feast of the Body and Blood of Christ*

Congratulations to your family and your child on the celebration of First Holy Communion. Your child has been united to Jesus in the sacrament of the Eucharist, and you as a family have been brought together with each other and God.

The sessions of activity and prayer in this workbook have aimed to create, in Pope Francis' words, community and communion in the heart of your home. Now it's time to look back, reflect and celebrate together, supported by the prayers and goodwill of your school and parish.

The journey of faith never comes to an end: may you continue to travel in faith, in hope, and in love.

## In Class



When you received the Sacrament of the Eucharist Jesus invited you to share in a special meal every week at Mass.

Draw a picture of yourself receiving the Holy Eucharist. Use speech bubbles to show the special words we use at this time. Fill the border with words describing how you have felt when preparing for and receiving your First Holy Communion.

A large rectangular frame composed of empty speech bubble shapes, designed for a student to draw a picture of themselves receiving the Holy Eucharist. The frame is made of rounded rectangular boxes. The top and bottom borders are single rows of five boxes each. The left and right borders are staggered, with the right border being one box higher than the left. The interior of the frame is open space for drawing.





**Talking Time Activity:** Talk to your parents about receiving the Sacrament of the Eucharist. Complete the information below to share with your class.

I received the Sacrament of the Eucharist on

\_\_\_\_\_ (DATE)

In

\_\_\_\_\_ (CHURCH)

The parish priest was

\_\_\_\_\_ (NAME)

I celebrated my special day by

\_\_\_\_\_  
\_\_\_\_\_

I received special cards from

\_\_\_\_\_  
\_\_\_\_\_

I felt

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Prayer and Reflection at Home



Light a candle if you have one. Take a moment to be still and calm. Close your eyes. After a few moments of silence, say the following prayer with your family.

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

While they were eating, Jesus took bread, and when he had given thanks, he broke it and gave it to his disciples, saying, "Take and eat; this is my body."

Then he took a cup, and when he had given thanks, he gave it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins. I tell you, I will not drink from this fruit of the vine from now on until that day when I drink it new with you in my Father's kingdom."

When they had sung a hymn, they went out to the Mount of Olives.

God our Father,

We thank you for our special time together as a family preparing for the Sacrament of the Eucharist. Help us to remember this important part of our spiritual journey.

May we continue to pray together and gain more understanding of the weekly celebration of Mass as part of the parish family of God. Amen.





