

Sacramental Journey

First Holy Communion



Guidance for Parents
and
Activities for Children

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Sacramental Journey

Nihil Obstat



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Censor Deputatus

Imprimatur



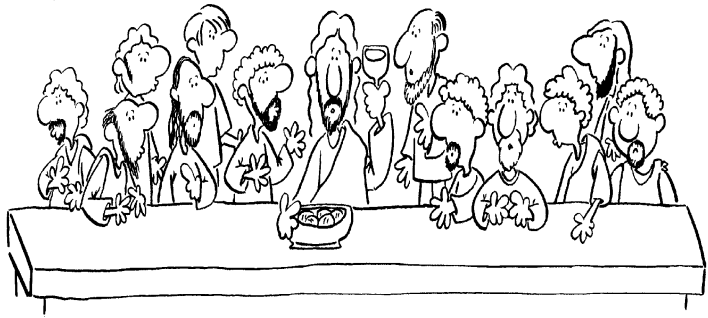
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Delegate of the Apostolic Administrator
Archdiocese of St Andrews and Edinburgh

15th August 2013

Solemnity of the Assumption

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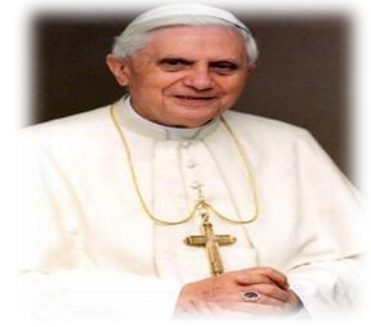
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Introduction

ENCOURAGEMENT from POPE BENEDICT

Dear Parents, I ask you to help your children to grow in faith.

I ask you to accompany them on their journey towards First Communion, a journey that continues beyond that day and to keep accompanying them as they make their way to Jesus and with Jesus.



Please go with your children to Church and take part in the Sunday Eucharistic Celebration! You will see that this is not time lost; rather it is the very thing that can keep your family truly united and centred.

Sunday becomes more beautiful, the whole week becomes more beautiful, when you go to Sunday Mass.

And please, pray together at home too - at meals and before going to bed.

Prayer does not only bring us nearer to God but also nearer to one another. It is a powerful source of peace and joy.

Family life becomes more joyful and expansive whenever God is there and his closeness is experienced in prayer.

As parents or carers you look after your children by offering a good example, ensuring that they are healthy and happy, being there to help and support at all times - but it is also important that you attend to your children's spiritual development by encouraging them to say their prayers and attend Mass weekly.

Time needs to be set aside to look after your children's spiritual development.

This programme will prepare your children to receive Holy Communion for the first time and your involvement in this process is very important.

Please sit with your child in a quiet place where you will not be interrupted while you help him/her to complete the Home Tasks and to pray the prayers and Mass responses.

Light a candle when doing this and set aside a special space that is sacred in your home.

We sincerely hope that you find the Guidance for Parents and Carers helpful and that you enjoy helping your child on his/her journey towards initiation as a full member of the Catholic Church.

RECORD OF HOME TASKS FOR PARENTS

It is time to do

Please return to school by

Home Session 1	
Home Session 2	
Home Session 3	
Home Session 4	
Home Session 5	
Home Session 6	
Home Session 7	
Home Session 8	
Home Session 9	
Home Session 10	
Home Session 11	
Home Session 12	
Home Session 13	
Home Session 14	



Guidance for Parents Home Session 9

The Risen Jesus is Really Present Among Us

Explain that God calls us to share a special meal at the celebration called **Mass** every Sunday. At this special meal we share ...the Eucharist or Holy Communion. We are invited to share this meal at the table of the Lord with other members of God's family - the Church. There, we experience the 'real presence' of Jesus. When we recall the words of Jesus then He is really present on the altar.

Discuss with your child:

- ❖ How do you feel when all the family get together to share a meal?
- ❖ How does it feel when special guests take part in a family meal?
- ❖ Who are the family who gather at your Church every week for the special meal we call Mass?
- ❖ How does it feel to be with the family of God and with Jesus?
- ❖ How do we know that Jesus is really present among us at Mass?

At Mass we recall the Last Supper when Jesus told his disciples to continue to celebrate this special meal in memory of him.

The priest says: "Do this in memory of me!"

When we gather to celebrate the Eucharist, the priest leads us in prayer and we remember the words and actions of Jesus.



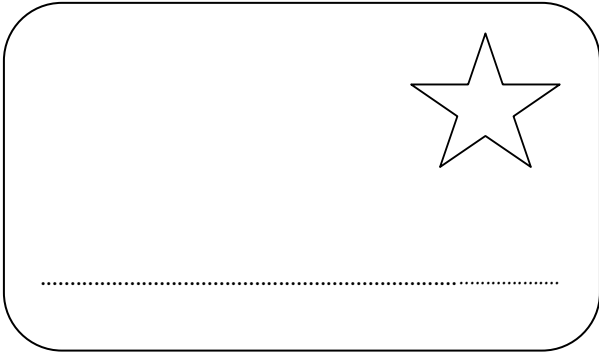
Now pray the Memorial Acclamation together:

*"Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free."*

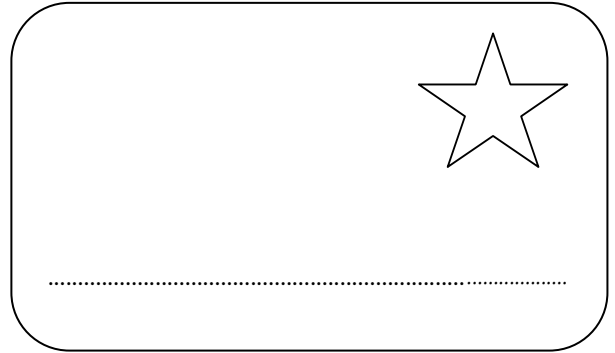
Your child can now complete Home Activity 9.

Home Activity 9 The Risen Jesus is really Present Among Us

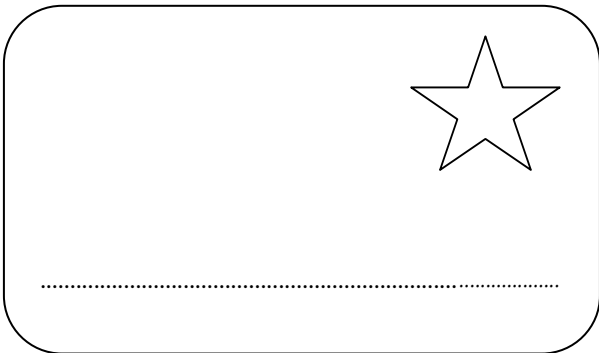
Think about a time you shared a meal as part of a celebration. Who was at your table?
Write their names on the place cards.



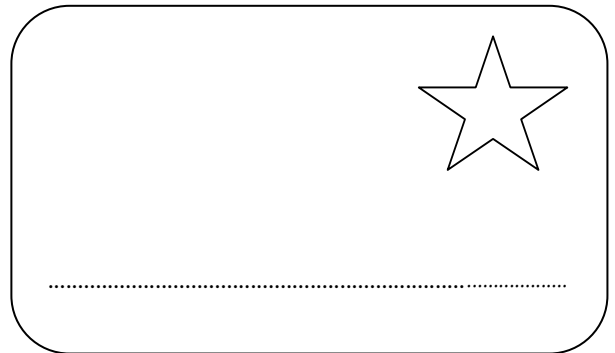
A rounded rectangular box containing a five-pointed star in the upper right corner and a horizontal dotted line near the bottom for writing a name.



A rounded rectangular box containing a five-pointed star in the upper right corner and a horizontal dotted line near the bottom for writing a name.



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God calls us to celebrate the Eucharist every Sunday. During the sacrifice of the Mass, the bread and wine are changed into the Body and Blood of Jesus and Jesus is really present on the altar.

Now draw yourself and a group of friends/family at Mass.

Place Jesus at the centre of your picture sharing his presence with you. Label your picture.

This Sacramental preparation programme has been written in accordance with the Scottish Roman Catholic syllabus which was granted the decree of “Recognitio” by the Holy See in 2011.

Written by Audrey Newton & Moira Claise © 2013

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