

# Sacramental Journey

## First Holy Communion



Lessons for Teachers  
and Parish Catechists

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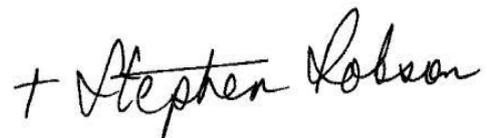
## Sacramental Journey

*Nihil Obstat*



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*Imprimatur*



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## Introduction

This programme of preparation for the Sacrament of The Eucharist covers the catechetical elements of this sacrament. Children may also be expected to participate in a number of parish based activities and rites related to The Eucharist, the time of which will vary from parish to parish or according to Archdiocesan Policy in the Diocese in which you reside.

The timescale necessary to work through these lessons will depend if you are a school teacher or a parish catechist. If you are a catechist you may spread the lessons over the course of a number of months giving 45 minutes approximately to each lesson.

There are many good children's Bibles available but we would recommend *The Everyday Children's Bible* ISBN 978-085231-3367(also known as *The Barnabas Children's Bible*) which is available from Amazon. Scripture references are also given so that teachers and catechists can source the readings from other Bibles. *The Lion's Children's Bible* is also highly recommended for this age group.

After every lesson there is a follow-up task to be completed in class and also a Home Task. These activities relate to the particular lesson taught that day. It is important that the Children's Workbook, which contains each Home Task, is always returned on the prescribed day by the teacher/catechist.

The prayers to be practised can be found at the end of the Children's Workbook. Give each child a Prayer Partner so that they can listen to one another and mark off their successes on the Prayer Sheet which is included in this pack. It is essential that (where ever possible) the children attend Mass frequently as a class group as part of their preparation and that at least one lesson takes place in the Church building. The final lesson concerns itself with Eucharistic Adoration and can take place at a time best suited to the school and parish community.

## Lesson 9: The Risen Jesus is really present among us.

Time scale: 30-45 minutes

### Preparing for the Sacrament of Eucharist (Holy Communion) Main teaching points:

The risen Jesus is truly present in Holy Communion.

Holy Communion unites us with God and with other members of the Church Family.

Ask the children if they have ever eaten a meal sitting by themselves?

How did they feel?

Ask the children to name a time when they might share a meal around a table at home.

In what ways is this different from eating alone?

Ask the children to share with the class (or the person beside them) a story about a time when they shared a meal as part of a celebration.

Explain to the children 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 the Last Supper with the children.

Ask the children to repeat the important words spoken by Jesus when he took the bread ...and the cup.

What did Jesus give his disciples at the Last Supper meal? (Bread and wine)

What did Jesus ask his disciples to do? (To continue to celebrate this special meal in memory of him - "Do this in memory of me!")

Jesus meant that every time we gather together at Mass we will experience the Real Presence of Jesus with us.

Discuss with the children how God our Father helped the disciples to believe that the bread and wine had become the Body and Blood of Jesus. God helps us also to believe that during the sacrifice of the Mass the bread and wine become the Body and Blood of Jesus.

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

Jesus is still with us - We are reminded of the **presence of Jesus** (in the tabernacle) by the burning red light - sanctuary lamp.

Every time we receive Jesus in Holy Communion, Jesus is really present sharing his life, love and friendship and love with us. We can talk to Him as a real friend and have a 'heart to heart' conversation with him.



Children practise the Memorial Acclamation: '*Save us, Saviour of the world, for by your Cross and Resurrection you have set us free*' with their Prayer Partner.

**Children complete Class Task 9 and Home Task 9**

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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