

# The Sacrament of First Holy Communion

## A resource for families



### First Holy Communion

Your child's faith journey began at their Baptism when the priest, family, friends and parishioners gathered together to welcome them into the Catholic faith community.



- ★ Share pictures, stories and memories with your child about their Baptism day. Who are their Godparents? Why did you choose them to play such a special role in your child's life?

*Catholics celebrate three Sacraments of Initiation. In the Diocese of Sale, First Holy Communion is the second of these. The others are Baptism and Confirmation.*

- ★ Produced by the Archdiocese of Brisbane, [Flame of Faith](#) provides an introduction to the Sacrament of First Holy Communion. Watch this video and discuss what you have learnt.
- ★ Share your memories of First Holy Communion with your child.
- ★ The word 'communion' means to be united with. What does it mean to be united? Who are you united with in your life and why?
- ★ Eucharist is a Greek word which means 'Thanksgiving'. Who and what do you have to be thankful for in your life?

### The Mass

The Mass is at the heart of the Catholic Community. It expresses our loving relationship with God and helps us to live like Jesus. The Mass has four main parts. These are:

#### Introductory Rites



#### Liturgy of the Word



#### Liturgy of the Eucharist



#### Closing Rites



Catholics come to the Mass as individuals but each part of the Mass draws them closer together as one body – the Body of Christ.

Parents can find more adult-level information via [The Mass Series](#). Produced by the Archdiocese of Brisbane, each part of the Mass is explained in detail by the Archbishop of Brisbane, Mark Coleridge.

### The Liturgy of the Eucharist

In the Liturgy of the Eucharist, the community gives thanks and shares the body and blood of Jesus through the gifts of bread and wine.

The bread and wine are brought to the altar at the Procession of Gifts.

The priest, using Jesus' words from the Last Supper and with the help of the Holy Spirit, prays over the gifts. Catholics believe that the bread and wine, though they look, taste and smell the same, are now truly the body and blood of Jesus.



Catholics believe that in Communion we are united in a special way with Jesus. Each time we receive Communion, we are nourished and strengthened to go out and make a difference. The community is called to live like Jesus, and are united as one people.

## The Last Supper



At the Last Supper Jesus said, "Do this in memory of me". These words remind us of Jesus' self-giving love. Watch this clip which is an animation of the [Last Supper](#).



Photo: "Last Supper" courtesy of <https://www.sculpturebytps.com/>

Jesus shares his love with us and invites everyone to sit at his table.

At the Last Supper, Jesus demonstrated how we are called to look after others and be a sign of God's love in today's world. Watch this clip together: [Sent Forth on Mission](#).

*Loving God, you are with us always. Bless us as we prepare for our First Holy Communion. Help us to grow in our knowledge and love for you and each other. We thank you for calling us to be part of your family.  
Amen*

We often end our prayers with the word 'Amen'. This word, which we also say when we receive Communion, is a Hebrew word meaning 'I commit', 'I believe', 'let it be' **Amen**

## Love in Action

At the end of Mass we are challenged to go out and be Jesus for others. Watch this video: [These Are The Words](#). Take note of and discuss, what is happening between the strangers in the clip. How can we be more loving and act more like Jesus? How can we help others? How can we make a difference?

Jesus teaches us that we should love **all** people, just as we love ourselves. Watch [this clip](#) and discuss what happens between the characters. How do they show kindness and compassion? Is there someone you find difficult to get along with at times? How can you show them love?

There are many ways we can live like Jesus. Look at this slideshow which gives examples of [love in action](#). Talk about things you could do to show God's love to other people. Choose one idea to focus on each week.

The whole of creation is a gift from God and needs our love and care. Watch this clip [Stewardship of Creation](#). How can you **be** more, rather than **have** more?



## Family prayers

- ★ We give thanks for the good things God gives us, and for the many ways in which our family is blessed.
- ★ We pray that we may listen to God in our hearts and recognise God's loving care through our family and friends. Help us to care for God's beautiful creation.
- ★ We pray that we may be the voice and hands of Jesus to those we meet. We ask God's blessing upon us, our family and friends, as we continue to grow together in love.

## Parents' blessing for their child as they prepare for First Holy Communion.



Dear God,  
Bless my child with the joy of love. Help them to be patient and kind, gentle and generous, and welcoming to those in need. Help them to live a life of thanksgiving, forgiveness, hope and peace.  
Bless my child with your loving care.