

Communion Preparation

*These lessons are designed to help parents open up the Blessed book up to the children.
Please read the chapter indicated and use the points on the right as discussion*

Blessed Book

**Week 1:
Sunday is Special**

14th March -
18th March

- The Eucharist is one of life's greatest blessings.
- Every day is a new day in our journey with God—and every day God has a message he is trying to share with us.
- Going to Mass on Sunday is a great way to show God we are grateful for all our blessings.

Family Connection Activity:

We all need to take a break from time to time to rest. Each night we rest by sleeping. And once a week, God wants us to take a special rest so that we can be filled with joy and share that joy with everyone who comes into our lives.

Sunday is the Sabbath. The Sabbath is a special day of rest and worship. There are lots of special days, but most of them happen just once a year, and some of them only happen once in your lifetime. One of the beautiful things about Sunday is it happens every week.

Discuss some ways you can make every Sunday a special day. Pick three of those ways to practice this week.

Pray this prayer with your child each day this week:

Blessed be the Lord, the God of Israel;
he has come to his people to set them free.
He has raised up for us a mighty Savior,
born of the house of his servant David.
Through his holy prophets he promised of old, Amen.

Go to the 11.00am Mass on Sunday 20th March to receive your Parish Passport

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- Every day is a new day in our journey with God—and every day God has a message he is trying to share with us.
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Family Connection Activity:

The Mass is at the centre of Catholic tradition, and yet, the general consensus today seems to be that Mass is boring. When was the last time you approached Mass with an open heart and open mind, expecting God to communicate with you? If we are being honest with ourselves, we probably can't remember. But it doesn't have to be that way.

Write down the one thing God says to you during the Mass and invite your family members to do the same. Our lives change when our habits change, and your experience of the Mass will change when you change the way you approach the Mass.

Pray this prayer with your child each day this week:

Be, Lord Jesus, a bright flame before me, a guiding star above me, a smooth path below me, a kindly shepherd behind me: today, tonight, and forever. Amen

Blessed Book

Week 2: Greatest Event on Earth



Blessed Book

Week 3: The Word of God

- Two of the ways God reveals his amazing plan for our lives are through the Bible and Mass on Sunday.
- Jesus is the greatest teacher who ever lived.

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- We gather at church with our family, friends, and our parish family to worship God in the way that Jesus taught us to.

Family Connection Activity:

The Creed is a summary of what we believe as Catholics. You can find the [Nicene Creed](#). Take a few minutes to read it slowly and deliberately. Stop after every line and ask yourself, "Do I believe this is true?" If you have doubts or questions, don't get discouraged. Recognize them as opportunities to study our great faith. Explore those doubts and questions vigorously, one at a time.

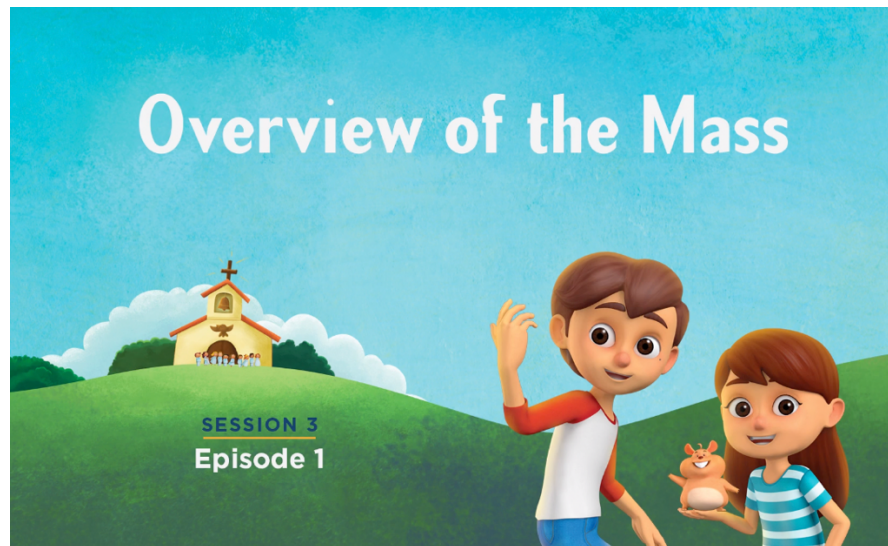
Examine why the Church teaches what she teaches in each instance and allow your questions and doubts to strengthen your faith rather than diminish it. Then share what you learn with your child.

Pray this prayer with your child each day this week:

Be, Lord Jesus, a bright flame before me, a guiding star above me, a smooth path below me, a kindly shepherd behind me: today, tonight, and forever. Amen.

Lesson 3 Video: Overview of the Mass

<https://www.dynamiccatholic.com/plus/blessed/first-communion-9-1.html>



Lesson 3 Video: The Introductory Rites



<https://www.dynamiccatholic.com/plus/blessed/first-communion-9-2.html>

Lesson 3 Video: The Liturgy of the Word



<https://www.dynamiccatholic.com/plus/blessed/first-communion-9-3.html>

Week 4: The Eucharist

Identify two parts of the Mass:

- Liturgy of the Word
- Liturgy of the Eucharist

The Eucharist

- Jesus is truly present in the Eucharist.
- The Eucharist is food for our souls.
- Holy Communion is a lifelong blessing we should never take for granted.

Family Connection Activity:

From time to time, you might think to yourself, "I'm not sure if I believe that Jesus is truly present in the host I receive at Mass on Sunday." You wouldn't be the first person to have doubts about the True Presence of Jesus in the Eucharist

If you watch the episode “The True Presence” (included below) you will learn about the Eucharistic miracle that took place while a doubting priest said Mass in Lanciano, Italy. While it is just one of thousands of documented Eucharistic miracles, it is particularly powerful because you can travel to Lanciano and see the flesh and blood that has remained there for more than thirteen hundred years.

After you are done learning about the miracle at Lanciano, spend some time discussing your favourite part of the miracle with your child. Give them the opportunity to share their favourite part, too.

- [Lesson 4 Video: The True Presence](#)



[Video: The Liturgy of the Eucharist](#)





First Communion Prep: Lesson 5

Your First Communion

- Your child is ready to say "yes" to God and receive his or her First Communion.
- The Eucharist empowers us to do great things for God.
- God is always inviting us to share in the great celebration of the Mass.

Family Connection Activity:

How close is your child to the day of his or her First Communion? Consider creating a countdown. Put the number of days left on the fridge or have your child write in their workbook "22 days until my First Communion!" Anticipation compounds excitement. And your excitement will spill over to increase their excitement regarding this very important day.

But don't stop there. When you go to receive Holy Communion next Sunday at Mass, bring your child with you. Encourage them to watch

you carefully so they will know what to do. When you get back to your seat, lean in, and whisper, "I can't wait for the day when you get to receive Communion, too!"

Pray this prayer with your child each day this week:

My Lord and my God, I firmly believe that you are present in the Eucharist.

Take the blindness from my eyes, so that I can see all people and all things as you see them.

Take the deafness from my ears, so that I can hear your truth and

follow it. Take the hardness from my heart, so that I can live and love generously. Amen.

Lesson 5 Video: You're Growing Up

<https://www.dynamiccatholic.com/plus/blessed/first-communion-11-2.html>



Lesson 5 Video: Preparation Matters

<https://www.dynamiccatholic.com/plus/blessed/first-communion-11-3.html>



Lesson 5 Video: The Eucharist Empowers Us To Do Great Things

<https://www.dynamiccatholic.com/plus/blessed/first-communion-11-4.html>



Lesson 5 Video: Your First But Not Your Last



<https://www.dynamiccatholic.com/plus/blessed/first-communion-11-6.html>

Lent Lesson
 Review
 Fasting,
 Abstaining,
 Almsgiving,
 Stations of
 the
 Cross, etc

- Recognize the Liturgical Seasons of:
- Advent
 - Christmas,
 - Lent
 - Easter
 - Ordinary Time

**Session 5:
 Your First
 Communion**

- Experience the Sacrament of the Eucharist as an action in which we give thanks and praise, receive Jesus, remember His life, death and resurrection and are sent to be Christ to others
- Explain that we remember the life, death, and resurrection of Jesus and receive his Body and Blood when we receive the Holy Eucharist

**Session 6:
 God's Family**

- Perceive the Sunday Eucharistic Liturgy as central to the life of the Church
- Identify as a disciple of Christ and a member of Christ's Body, the Church
- Associate trust in God with their own well-being and happiness

