



FIRST HOLY COMMUNION PROGRAMME



UNIT 16

My First Holy Communion

AIMS

1. To become more familiar with the celebration of the Mass and its various parts.
2. To recognise the need to take part at Mass - the Celebration of the Eucharist regularly especially every Sunday.

KEY WORDS

Same words used for Units 14 and 15.

RESOURCES

- PowerPoint: THE CELEBRATION OF THE EUCHARIST, or
- Display poster with captions used over previous two sessions
- Worksheet 16

CONCLUDING PRAYER

Invite the children to sit quietly and think about the coming celebration of First Eucharist. Who will be there?

How do you feel about it?

Speak to Jesus in silence about this special day.

NOTES

It would be a good idea if a few days before their First Holy Communion children are given the opportunity to go for Confession a second time.

INTRODUCTION

Ask the children how they feel about the fact that their First Holy Communion is approaching. Invite them to close their eyes and imagine the church full of people on the day of their First Holy Communion. Help their imagination by telling them to think about what they will wear, whom they are inviting for the Mass and other similar questions. Invite them to give reasons for their answers by saying why wear beautiful clothes, why invite relatives etc.

MAIN

- Explain that the centre of the Mass is going to be Jesus himself who is coming to us for the first time. Jesus is the reason why we invite other people. He not only invites us to come to Mass but he is also coming to us by giving himself to us in Holy Communion. Explain the aims of today's session (see above). Using the accompanying PowerPoint presentation (if equipment is available) or the display poster compiled over the previous two sessions go through the different parts of the Mass. As you go through each caption or slide you could invite a child to talk about it and adding your comments to ensure accuracy of presentation. The following is a step by step outline:

1. INTRODUCTORY RITE

- a. Singing the hymn: Praising God with our music and songs.
- b. The sign of the cross: we begin in the name of the Father, Son and Holy Spirit.
- c. The penitential rite: we show sorrow for our sins
- d. The Gloria: Praising God - Father, Son and Holy Spirit
- e. Opening prayer: a different one is read every Sunday (related to readings and liturgy)

2. LITURGY OF THE WORD - Listening to the Word of God

- a. First Reading: usually taken from the Old Testament;
- b. Psalm: we respond by repeating the verse together;
- c. Second Reading: taken from the New Testament;
- d. Gospel: Reading about Jesus himself (Practice responses to all readings)
- e. Homily - priest talks to us and explains the readings and main message.
- f. Creed: we profess our faith; we say what we believe in.
- g. Bidding prayers: we pray together for the needs of the Church.

3. LITURGY OF THE EUCHARIST

- a. The Offertory: we offer bread and wine, and ourselves too
- b. The Eucharistic Prayer: We thank God the Father, we offer and Christ become present.
- c. Consecration: the moment when bread become Body and wine becomes Blood of Christ
- d. The Our Father: we praise God and we ask him to forgive us and help us in all our needs.
- e. Sharing of peace: we show we love and are friends with everyone.
- f. Holy Communion: we receive the Body of Christ

4. CONCLUSION

- a. Dismissal, Blessing: the priest invites us to share joy with others everywhere.

ACTIVITY

Hand out worksheet 16. Explain that children are to use the words below each of the pictures to complete the passage which is a revision of what was covered in this and the previous two sessions. Read out the story of St Dominic Savio, and highlight his First Holy Communion promises. Invite them to write their First Holy Communion Prayer or promises on side B. Invite volunteers to suggest a few ideas about what they might want to say to Jesus as the special day approaches. Emphasise that First Holy Communion day is not an end in itself. It is a beginning and children will now be able to receive Communion when they go to Mass **every** Sunday.