

BEYOND YOUR FIRST COMMUNION

Body, Blood, Soul & Divinity



BREAD

“Jesus has made Himself the Bread of Life to give us life. Night and day, He is there. If you really want to grow in love, come back to the Eucharist, come back to that Adoration.”

- St. Teresa of Calcutta



BEYOND YOUR FIRST COMMUNION

It all starts with our classes, and then we get to receive our first Holy Communion. We dress up. We celebrate! But what happens when the classes are over? Does our learning and growth end? Bread created this booklet as a way to keep children receiving Holy Communion engaged; to help them understand and appreciate the depth and beauty of the Mass and Holy Eucharist. This booklet is also meant to connect parents and children to share their faith and start to have experiences and conversations around the richness of what it means to be Catholic!

May you always know the peace of JESUS, the light of
the LOVE, and the JOY of His life within you. ✨ ✨ ✨

THE GUARDIAN ANGEL PRAYER

**Angel of God, my guardian dear,
To whom God's love commits me here,
Ever this day be at my side, to light, and guard,
To rule and guide.
Amen.**



CONVERSATION OPPORTUNITIES

1. What is a guardian angel and what do they do?
2. How does a guardian angel protect me?
3. When should I pray to my guardian Angel?

WHEN YOU GO TO CHURCH...

Remember, when you enter the church, always make the sign of the cross with holy water!

 *Holy water gives us many graces and blessings in our lives.*

Making the sign of the cross is a prayer. It protects us and prepares us for receiving God's blessing.

Remember to genuflect toward the tabernacle, because the Blessed Sacrament is in the tabernacle!

Think of it as saying hello to Jesus.

In many churches the tabernacle is located by a red light, so look for the red light. In some churches, the tabernacle is located on the altar. You will find it there.

I know it is hard sometimes but always remember CHRIST IS PRESENT. He is there. So is your guardian angel! Pray to them.

When you go up the aisle to receive Him, say a prayer as you go up: the Hail Mary or Our Father. And when you return to your pew, kneel and pray to Him. Bring whatever you are thinking about to Christ. It is easy to get distracted, and look for your friends or fidget with your brother or sister. But try your best to give all your attention to Christ. He loves you so much and wants to know how you are doing!

Remember the last words we say together at the end of the Mass: "The Mass has ended, go in peace to love and serve the Lord." What does that mean? Be kind. Even when it is hard, be kind to your brother or sister, a friend, and most importantly to the person who it's hardest to like or be kind to. Do it out of your love for Jesus.



CONVERSATION OPPORTUNITIES

1. Why is the Eucharist in a tabernacle?
2. Why is it important to give God your attention during Mass?
3. Why do I need to attend Mass every week?

THE MIRACLE OF ST. ANTHONY OF PADUA

The city of Toulouse, France denied the goodness of the Real Presence of Christ in the Eucharist.

Anthony engaged in several public debates with them, and they could not out-argue him, but they were not yet ready to give in.

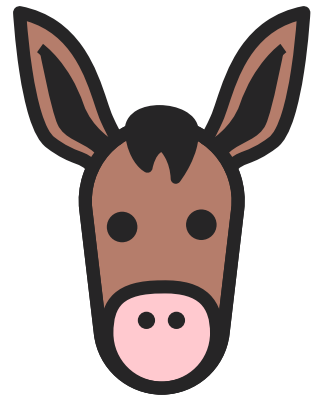
One of the reasons why Anthony worked so hard to convert them was because he genuinely felt sorry for them. He saw that they were depriving themselves of the most precious gift of the Eucharist, and he believed that no one could survive without the spiritual nourishment.

One day one of them demanded a miraculous proof, "If you can make my mule bow down before what you call the Body of Christ, I will believe." Anthony didn't want to put God to the test, but naturally there was no way he could avoid this challenge, and so he agreed, leaving the outcome to God.

For three days the heretic kept his mule penned up without food.

On the third day, a great crowd gathered in the city square. Anthony celebrated Mass in a little chapel and at the end he came out carrying the Blessed Sacrament in his hands. Meanwhile, the hungry mule had also been brought along, and a suitable fodder was placed in front of the starved animal.

Anthony called out, "Mule! Come here and show reverence to your Creator!" At once the animal came towards Anthony and bowed its head and knees to adore the Blessed Sacrament, ignoring his extreme hunger. The owner of the mule and many others were reconciled to the Church.



CONVERSATION OPPORTUNITIES



1. What could we learn from St. Anthony?
2. Why do you think St. Anthony accepted such a difficult challenge?
3. Why do you think St. Anthony wasn't worried about the mule bowing down before the Holy Eucharist?

CHURCH CHALLENGE

Making your First Communion and receiving that sacrament is so special. It truly is a gift from God!

It's just as special and just as important the second, third and fourth time you receive, because it's still Jesus. The more your parents bring you to Mass and Adoration to feel Jesus' presence, the more you will embrace it and be excited about it.

So we challenge you to stay present at Mass. Are you up for the challenge? There is a lot more going on than you think! You can do it!

We challenge you to:

- Have a little quiet time on your way to Church. No music, no gadgets, just think about how you're going to say hello to Christ when you enter the Church.
- When you enter (after you bless yourself with holy water) look for the tabernacle, where the Blessed Sacrament is stored and genuflect toward it.



- Remember to kneel toward the altar before you enter the pew. Why? Because the altar is sacred.
- Okay this is going to be hard but you can do it! Try not to look around at the other parishioners or for your friends. Keep your eye on the cross for a moment.
- SING! SING! SING! Did you know when you sing in Church it is a form of prayer? It makes Jesus happy to hear us sing. There is nothing better than a Church loaded with singing voices!
- We challenge you to really try and listen to the readings. Is it easier for you to listen to the lector or to follow along in the missalet? We know they can be hard to understand but just try to understand just one or two thoughts or ideas. The good part is that the priest will summarize the message in his homily. Listen close to your priest's homily. Lean forward. What is his message? What did you learn?
- Watch for this: when the gifts are brought up to the priest, think of all the gifts you have received from God, like your family, your talents, nice weather, your pets, etc. Also, reflect on the gifts you give Him: being kind to all, giving the last cookie or dessert to your brother or sister, cheering up a friend, helping a friend study for a test, spending time with your grandma or grandpa.



- When the priest receives the gifts and goes behind the altar, try your best to keep your eyes on the altar. This is when all the angels and saints appear. They are there. All of them. Pray to your guardian angel. Your guardian Angel is so happy when you pray to them! Really!
- Consecration/Transubstantiation – Big words, I know! This is when the wine and bread turn into the Body and Blood of Christ. When the priest holds up the chalice – and in many churches when the bells ring – that is when you give thanks to God and it is now the Blessed Sacrament. You have witnessed a miracle! How special it is to be aware of it and see it!
- Three more challenges to go! Every time you receive the Eucharist it's as special as the first time you received it. Every time. Because it's still Jesus. When you go up, try your best to concentrate and thank him. When you return to your pew, say a prayer to Jesus. Jesus is in your heart now.
- It's so easy after you receive Communion to tune out the rest of the Mass. Challenge: Don't do that. You just received Him. Think about the ways you can please Him and make Him proud in the coming week. Can you study extra hard for an upcoming test? Help with chores around the house? Pay your friend or sibling a compliment? Donate some of your clothes to a local shelter?
- Last challenge: Remember to pray and talk to God throughout the week until you receive Him next Weekend. And remember none of us are perfect if we all slip up.

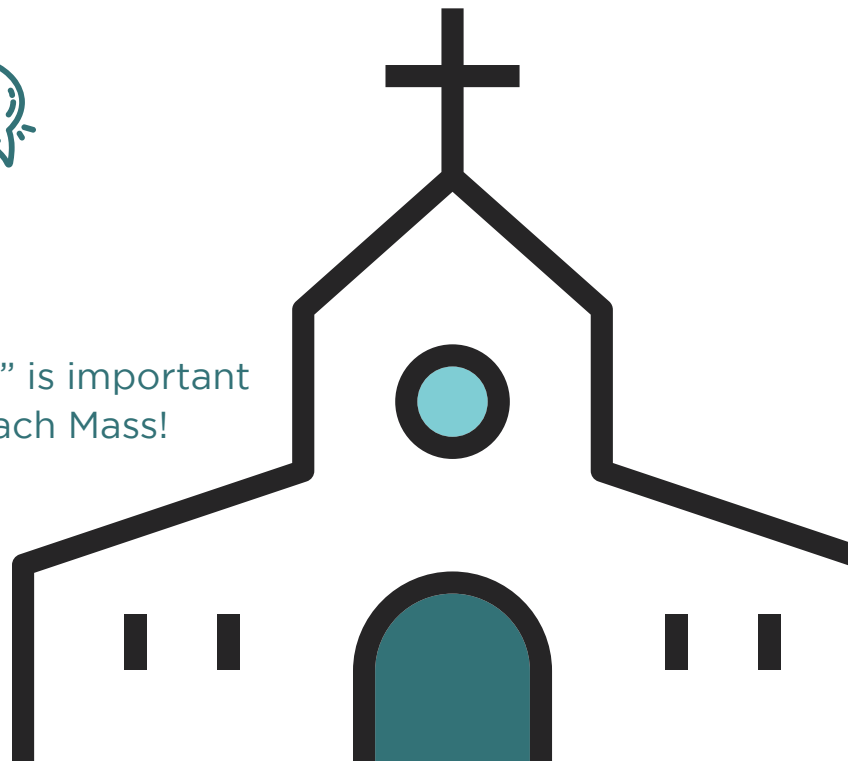
★
 And most of all remember how much God loves you. ★
 So much, like to the moon and back again, again, and again!

★



CONVERSATION OPPORTUNITIES

Explain why each of these “challenges” is important to do. Have a different challenge for each Mass!
 Proud of you!



THE JOY AND THE WONDER

The small book is worn after 65 years, but that just adds to the story of how much Dee Janik's love for the Eucharist pours from her heart.

"I still have my first Communion prayer book, Jesus, Make Me Worthy," Janik says. "Albeit, 65 years have given this remembrance a time-worn appearance, but I cherish this tiny book with all my heart and still read it."

At the same time, Janik's love for the Eucharist has also deepened as an adult. Her joy and wonder for the sacrament shines through in the way she describes her role as one of the coordinators of the Eucharistic Adoration ministry at St. Joan of Arc Parish in Indianapolis.

"Each time one steps into the sacristy, candles are lit on and beside the altar," she notes. "The monstrance is set on the altar, front and center. And the tabernacle is open to bring out and place the luna in the monstrance." (The luna is the object that holds the Blessed Sacrament, which is placed in the monstrance.)

"I was holding our Lord the Christ in my hands!"



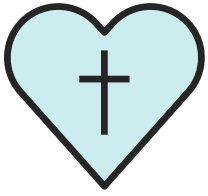
Janik has also started to anticipate the First Communion of her oldest grandchild. It shows again that the story of her love for the Eucharist is ever new.

"So many memories and the promise of spring in the air," she says. "Best of all is knowing Jesus is coming to me, my family and friends—to our souls. The Eucharist is our Lord, Body, Blood, Soul and Divinity."



CONVERSATION OPPORTUNITIES

Use this story to demonstrate how Holy Communion isn't just something to celebrate once, but is a life-long celebration and connection to Christ.



JESUS, I LOVE YOU

The impact of receiving her First Communion has stayed with LaVerne Weston for nearly 75 years.

So has the prayer she learned when she first received the Eucharist:

“Jesus, I love you. Thank you for coming to me. Every hour, I will think of you. Ugly thoughts, words and actions keep far away from me. I wish to receive Holy Communion every week.”

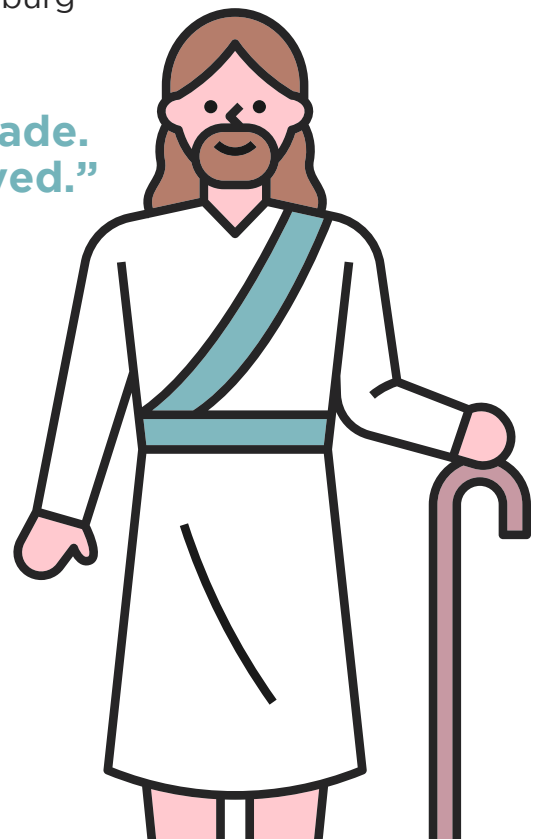
“I was taught this prayer to say after receiving my First Communion,” notes Weston, a member of St. Lawrence Parish in Lawrenceburg who turned 81 on May 5.

“I have been saying this since the second grade. I’ve said it after each Communion I’ve received.”



CONVERSATION OPPORTUNITIES

Say the First Communion prayer with your child!



ST. CLARE



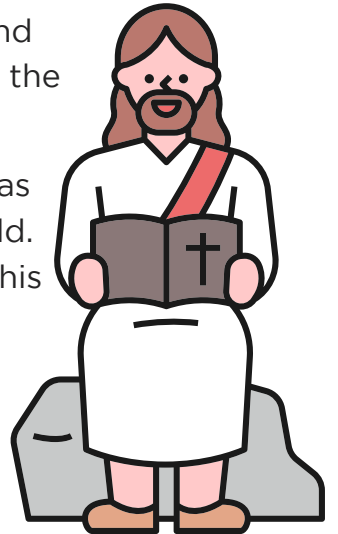
St. Clare was born a very long, long time ago. She is believed to have been born around July 16, 1194 in Assisi. She was the oldest of three girls of the wealthy Ofraducio family.

Clare spent a lot of her time learning music, fine embroidery, and entertaining guests with her music at family get-togethers.

Clare's mom was very religious and taught all her children about Jesus and the importance of Sunday Mass and prayer. Clare's dad was happy about the beautiful girl she was becoming.

She felt like she should be the luckiest girl in the world, but something was missing. She did not feel as happy and peaceful as she thought she should. There were many poor people in Assisi and the surrounding towns, and this at times really bothered her.

As a child, Clare had a special friendship with Jesus. She loved to pray, and do special things for Jesus. Clare had given her heart completely to Jesus.



After talking with Francis (later to be known as St. Francis) she knew what she wanted to do with her life. She was going to promise her life to Jesus. She left her wealthy life, left all her fancy clothes and jewels, and embraced poverty by putting on a rough gray robe and wooden sandals. She wanted to be with Jesus and live with no money. Can you imagine that? She decided to follow Francis and live with a group of Benedictine sisters, where she would learn about convent life and living in a community. Her father was not happy when he discovered Clare's plans.

Her father tried to remove her from the community, but Clare grabbed hold of the altar, and would not let go. After several attempts, her father decided to leave her and went back home. Clare's sister Katarina, joined her at this monastery, next to the church of San Damiano.

Overtime other women joined them in the monastery and also wanted to serve Jesus. They became known as the poor ladies of San Damiano.

In 1215, Francis appointed Clare as the woman's superior of the monastery. They lived a simple life, separate from the world, and a life of poverty. Their life consisted only of manual labor, prayer, and Mass, receiving the Eucharist, and yet, they were very happy because they knew our Lord was close to them all the time. As tough and extreme as their lives were, it did not stop the community from growing in big numbers. Many women from all over Europe came and were moved by the prayer and joyful spirit of Clare and all her sisters. Some returned

home and started their own convents in their hometowns and cities.

One story of the power of St. Clare's prayer life and love for Jesus involves the invasion by an army of rough soldiers. One night these soldiers surrounded Assisi and made their way to the convent where Clare and her sisters lived because it was right outside the city walls.

As the soldiers approached, the sisters panicked, and woke up Clare from her sick bed.

She took the monstrance from the chapel with the consecrated host, and showed it to the attackers and said, "Oh Lord, protect these sisters, whom I cannot protect now."

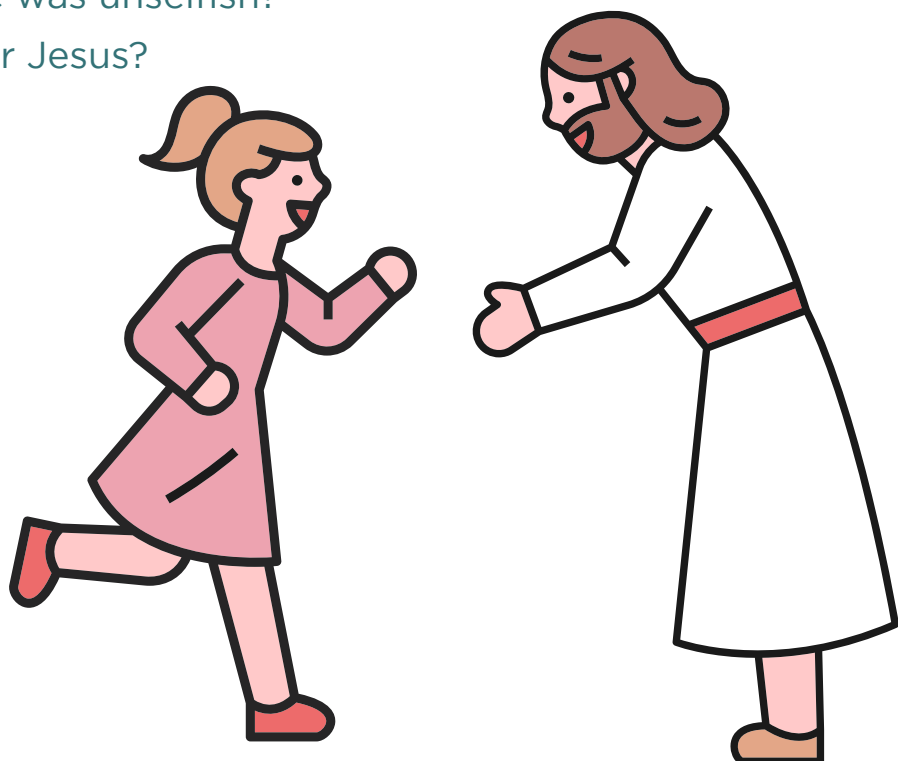
When the enemies saw Clare holding the Blessed Sacrament, they froze in their tracks. At that moment, a sudden fright struck the attackers. Filled with terror, they began to leave. And guess what? They never came back again.

Clare was indeed the happiest girl in the world. Her friendship with Christ grew throughout her life. Receiving the Eucharist daily, she felt the deep love and connection with God. Clare had given her heart completely to Jesus. And she knew Jesus loved her immensely.

CONVERSATION OPPORTUNITIES



- 1) What are examples of how Clare was unselfish?
- 2) How did she express her love for Jesus?

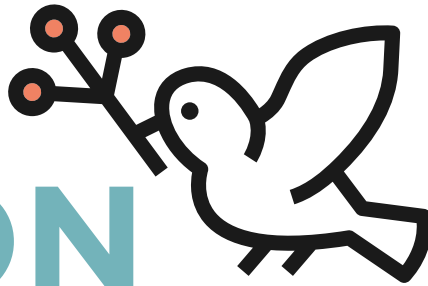


EUCCHARISTIC WORD SEARCH

I	R	C	E	L	C	A	N	R	E	B	A	T	Y
H	E	O	K	N	E	E	L	O	B	M	M	K	D
O	C	N	E	E	F	A	P	B	S	H	A	G	O
L	O	S	C	I	R	R	I	L	N	E	S	E	B
Y	N	E	I	F	A	C	H	J	O	A	S	N	E
S	C	C	L	Y	T	H	E	E	M	V	M	U	S
A	I	R	A	C	L	S	P	S	E	E	E	F	A
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N	O	D	O	O	L	B	L	L	G	N	S	R	C
T	N	B	A	E	A	B	R	E	A	D	E	E	E

CONSECRATION
 KNEEL
 JESUS
 BODY
 LOVE
 HOLY SACRAMENT
 BLOOD
 WINE
 GIFT
 PRIEST
 RECONCILIATION
 ALTAR
 GENUFLECT
 PRAY
 TABERNACLE
 SACRIFICE
 BREAD
 CHALICE
 HEAVEN
 MASS
 SAINTS
 CROSS
 ANGELS

WORD TO DEFINITION MATCH



**CONNECT THE WORDS ON THE LEFT
SIDE TO THE MATCHING DEFINITION**

Tabernacle

Blessed Sacrament

Genuflect

Transubstantiation

Real Presence

To kneel.

The actual presence of Christ's body and blood in the Eucharistic elements.

Refers to the Body and Blood of Christ in the form of consecrated sacramental bread and wine at a celebration of the Eucharist.

The conversion of the bread and wine into the body and blood of Christ at consecration.

A decorated cabinet in which the reserved Hosts are placed in Catholic churches.

CROSSWORD PUZZLE



Gift
Genuflect
Tabernacle
Cross
Eat
Family
Amen
Chalice
Love
Eucharist

Holy Water
Jesus
Sacraments
Reconciliation
Sin
Pray
Consecration
Altar
Priest

CROSSWORD PUZZLE

ACROSS

3. A sign of reverence when you enter the Church or are in front of the tabernacle.
5. The special place where the Holy Eucharist is kept in the Church.
8. What you do when you return to your pew after receiving Communion.
9. Another name for Communion.
10. Used for celebrating the Sacrifice of the Mass.
11. The person who has received the Sacrament of Holy Orders and says the Mass.
13. This is the sacrament you make before your First Communion.
14. There are seven of these.
16. Jesus and His parents are called this.
17. This is a reminder of God's unconditional love for us.
18. Receiving the Body and Blood of Christ is such an act of _____ from Christ.

DOWN

1. You shouldn't do this for one hour before receiving Communion.
 2. What you should receive when you enter the Church.
 3. Communion is such a precious _____ from our Lord.
 4. The part of the Mass when the bread and wine is transformed into Jesus' body and blood.
 6. What you say when you receive the Eucharist.
 7. This is who we receive during the Eucharist.
 12. Before receiving Communion, we should strive to avoid this.
 15. The container which you drink the Blood of Christ from.
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BEYOND YOUR FIRST COMMUNION

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