

**Preparing to
Receive Jesus
for the
Very First Time!**



Opening Prayer and Readings

Make the sign of the cross than Parents read this prayer over your children...

Heavenly Father,

Bless our children as they prepare to receive Your Son, Jesus, in Holy Communion for the very first time.

Give them a hunger for Jesus in the Eucharist so that they will turn to Him for comfort, guidance, and wisdom. May those gifts encourage them during their lifelong journey as Your disciples.

Thank you for their goodness and innocence.

May their anticipation of receiving Your Body and Blood inspire all of us to cherish this sacred sacrament.

Amen.

Opening Prayer and Readings

John 6: 51- 56, 59 Bread of Life Discourse

Everyone stand and read this Gospel

A reading from the Gospel of John... **Glory to You O Lord**

I am the living bread that came down from heaven;
whoever eats this bread will live forever;
and the **bread that I will give is my flesh for the life of the world.**"

The Jews quarreled among themselves, saying,
"How can this man give us [his] flesh to eat?"

Jesus said to them, **"Amen, amen, I say to you, unless you eat the flesh of the Son of Man and drink his blood, you do not have life within you. Whoever eats my flesh and drinks my blood has eternal life, and I will raise him on the last day. For my flesh is true food, and my blood is true drink. Whoever eats my flesh and drinks my blood remains in me and I in him."**

These things he said while teaching in the synagogue in Capernaum.
The Gospel of the Lord... Praise to you Lord Jesus Christ.

What Does the Mass Mean To You?

An obligation? Something you HAVE to do?

A lot of big words that are confusing?

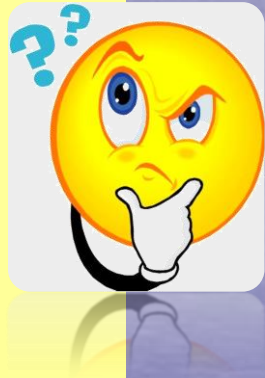
The same thing happening over and over?

OR

A meeting with the Person of Jesus

A time to feel closer to Jesus and get to know Him better

A time to Praise God, think about our blessings, think about how incredible God is, and **Thank Him for His love and goodness.**



What Does the Mass Mean To You?

A Church goer wrote a letter to a newspaper, complaining that it made no sense to go to church every Sunday.

"I've gone for 30 years now and in that time I have heard something like 3,000 sermons.

But for the life of me,

I can't remember a single one of them.

So, I think I'm wasting my time and the pastors are wasting theirs by giving sermons at all."

What Does the Mass Mean To You?

This started a real argument until someone ended it with the following letter:

"I've been married for 30 years now. In that time my wife has cooked some 32,000 meals. But, for the life of me, I cannot recall the entire menu for a single one of those meals."

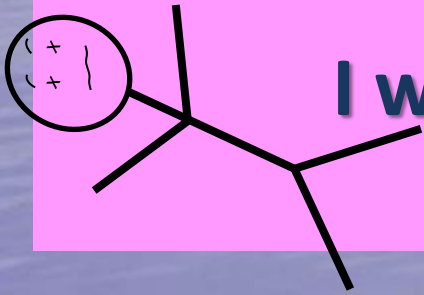
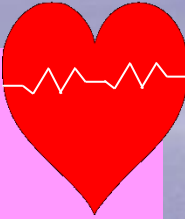
What Does The Mass Mean To You?

“But I do know this.

They all nourished me and gave me the strength I needed to do my work.

**If my wife had not given me these meals,
I would be physically dead today.**

**Likewise, if I had not gone
to church for nourishment,
I would be spiritually dead today!”**



What Does The Mass Mean To You?

God created us with a purpose and knows what is best for us.

Think about if make a paper airplane –

Do you make it to throw in a fire or to fly?



The paper airplane fulfills its purpose when it flies through the air.

But what if that paper airplane could choose its flying direction.

You tell it the many ways it can fly to have the greatest life and continue soaring to greater heights. But the airplane says,

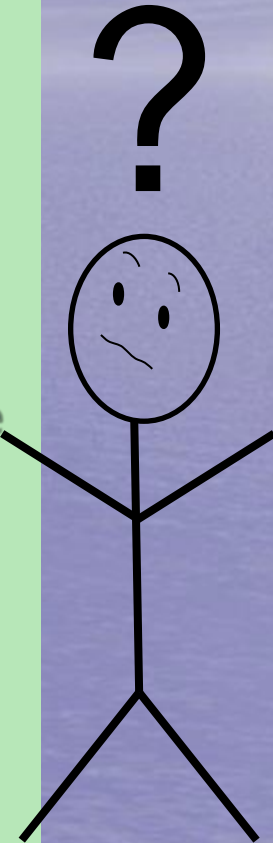
“Don’t tell me where I can’t go – you are keeping me from having fun.”

It wants to land in the water and fire because it doesn’t see it hurting it right away. You are its Creator and want your airplane to survive to fly again, but also to be free, not a robot.

Your plane should be free to make its own choices.

God is the Creator – You are the Paper Airplane

Will you ask God for what is best for you AND follow His answer so you can fulfill His purpose for you – to be with Him in heaven.



What Does The Mass Mean To You?

The Mass is where we can meet God as close as we will ever meet Him before going to heaven!

He feeds us, gives us energy to keep living well, reminds us of the good in the world, reminds us of all the good things in life, reminds us of how incredibly important we are to God and His Plan for Creation!

At the Mass we receive

Food - Nourishment

Love – You are ALWAYS Loved!

Learning - Understanding

Happiness – That NEVER goes away

What Does The Eucharist Mean To You?

Reflection

Parents, share memories of your First Communion...

1. When did you make your First Communion?
2. Which family or friends were there?
3. Who else made their First Communion that day?
4. What did you wear?
5. Did anything unexpected happened that day?
6. Were you nervous?

Share with your child your thoughts and feelings of that day and how receiving Jesus in the Eucharist helps YOU to keep growing closer to Jesus.

What Does The Eucharist Mean To You?

Remember!

We are meeting more closely,

RECEIVING a *Person*, Jesus!

We are not receiving a thing
Be ALWAYS respectful of Him!

What Does The Eucharist Mean To You?

Respecting Jesus Activity

- Put a raw egg on the table
- You are going to treat this egg with “sacred” respect
- Parents and children wash your hands
- Decide on a path to carry your egg
- Place one hand on top of the other with palms facing up
- Parents place the egg in your child’s hands
- Children walk the path slowly carrying the egg in his or her hands, thinking of your hands being a throne on which you are carrying Jesus
- Return the egg to the refrigerator

When you receive Jesus, remember how careful you were with the egg so it wouldn’t break and be that careful with Jesus in the Eucharist.

Parents, The Primary Educators

Parents - Send your children to another activity for the next slides.

Sacraments

**Instituted (established) by Jesus,
they are visible signs of invisible grace**

We are people who gain knowledge only through our physical senses. God reveals Himself to us through those senses. Sacraments use physical “things” to help us understand the spiritual things that are happening.

Grace

**God's very Divinity and Life
bestowed on and in human persons
to restore us to the fullness of our humanity
as we were created in the Garden of Eden.**

Parents, The Primary Educators

Watch this brief video about the reality of what happens during Mass, at the consecration when all of heaven joins the congregation at the consecration – when the host becomes Jesus the Person!

Click below then “Skip Ads” when you are able to do so.

<https://www.youtube.com/watch?v=OOLZDaTglaM>

*Decide whether the video, or part of it, would be beneficial for **your** child to watch.*

It is YOUR responsibility to convey and reinforce this reality with your children.

Parents' Role

Leading Your Child to First Communion

- **Parents are the primary educators of their children**
 - We define their relationship with God – His Love and expectations and our feelings and behavior
 - Being Loved and Loving Others
 - Faith Practices – Attending Mass, Praying, Rites, and Rituals
 - **Forgiveness**
 - **Redemptive Suffering**

Greatest Lesson – Your Example!

Parents' Role

Leading Your Child to First Communion

- **Teachers and Church help, BUT**
 - **Your home is the domestic Church**
 - **Talk with each other about what is being learned in religion class**
 - **Ask if your child talked with God today and if he or she thinks He was talking with him or her**
 - **Share how you think God tried to talk with you**
 - **Share your thoughts and experiences**

Greatest Lesson – Your Example!

Parents, The Primary Educators

My Story - Eagerly Attending Mass

When my children were little, I eagerly watched them at their games and activities. When there were more children and tasks needing attention, attending events became stressful waits for the end.

Eventually I woke up! Being there was a total waste if I didn't *try* to get into the spirit of being a parent supporting my child. I tried to mentally put aside what wasn't in that moment, focusing on my children and the community while at an event, and...



**They became something
I looked forward to again.**

[Parents Click Here to Watch This!](#)

Parents, The Primary Educators

PARENTS: Call your children to return then read the following Gospel passage...
John 6: 60 - 69 – Bread of Life Discourse

Then many of his disciples who were listening said,

“This saying is hard; who can accept it?”

Since Jesus knew that his disciples were murmuring about this,

He said to them,

“Does this shock you?”

...

As a result of this, many [of] his disciples returned to their former way of life and no longer accompanied him.

Jesus then said to the Twelve,

“Do you also want to leave?”

Simon Peter answered him,

“Master, to whom shall we go? You have the words of eternal life.

We have come to believe and are convinced that

You are the Holy One of God.”

Parents, The Primary Educators

Are there things you know to be true that are sometimes hard to believe or for which we don't have absolute proof?

We take things on faith!

Is it easy to believe a huge, metal plane can fly, or does it seem that it should never leave the ground?

Is it easy to believe in air when we can't see it?

We can't see love or friendship, but do we believe they are real?

Some things are invisible and others are not what they seem.

It is faith that helps us believe.

I have faith in my parents and friends, that they do love me.

I have faith in the car manufacturer that my car will drive me to work, even though I don't know how it works.

Many times we believe in things because people we trust told us they know it to be true – people like our parents!

Parents Address to Children

Parents and children, stand and face each other, make the sign of the cross, then parents read this to your child.

My dear child,

I love you forever, just like Jesus loves you forever.

This is why preparing you

for your First Communion is so important to me and

why we will celebrate it in such a special way.

God has been so good to me because He gave you to me.

Watching you grow up has made me so proud.

Parents Address to Children

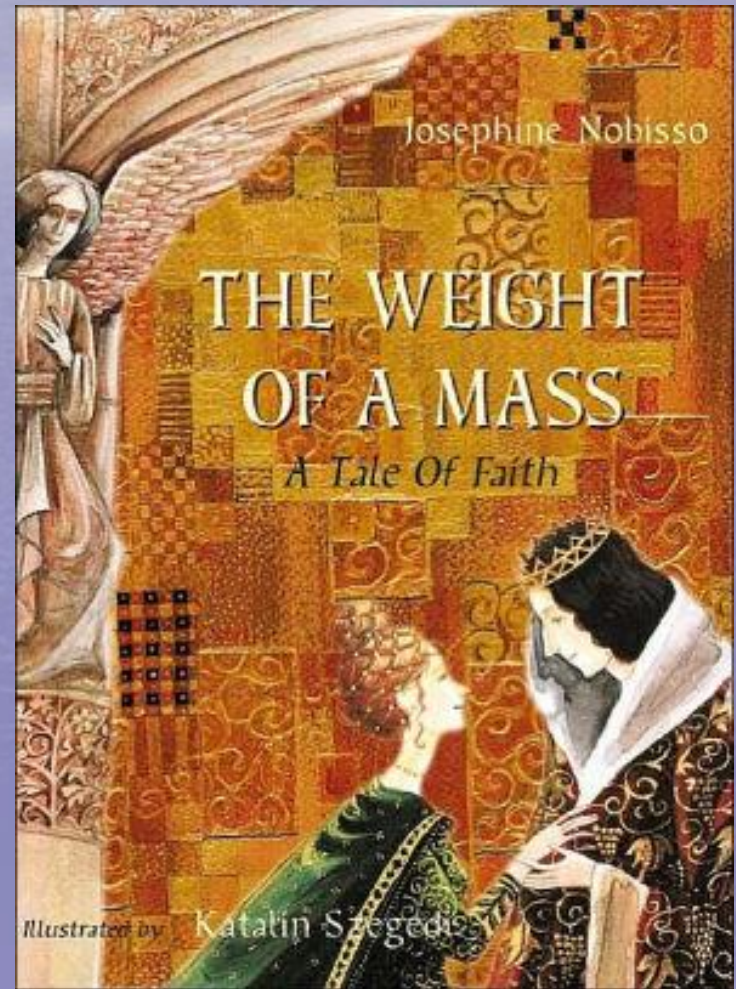
I am especially proud of you today,
As you prepare to meet Jesus and receive His love.
Soon you will receive Jesus with our parish family;
nothing could make me happier.
I promise to continue to be proud of you, to love you,
and always share Jesus with you.
So I ask God to bless you today in a very special way.

*Parents and children,
make the sign of the cross and sit down again.*

The Weight of A Mass

**Based on a TRUE Story
from a town in Luxembourg...**

Click on the picture to watch the youtube story



**If clicking on picture doesn't work,
go to this website:**

<https://www.youtube.com/watch?v=ICDdm-NqtoQ>

The Weight of A Mass

A priest shared that story and added the following:

**A Captain in the shop that day was no longer attending Mass.
After this event, he attended EVERY DAY.**

**Two of his sons became priests,
and he advised them to say Mass well and
never miss the Sacrifice of the Mass through any fault of their own.
This priest knows the Captain said these words, because**

**the Captain was this priest's father.
He is Father Stanislaus, SS. CC.**

Talk about this video with your child, especially about how important and valuable the Mass is,
then send him or her to another activity.

Thoughts from a former atheist...

**“Given what Communion is and
given that we live for all eternity and
our eternity is entirely dependent on this life
in these average 60 – 70 years on earth...**

**What Holy Communion is
is probably going to matter for all eternity
And probably going to be a plus for all eternity...”**

Roy Schoeman
Convert to Catholicism
Harvard Business Professor
Born a Jew, became an atheist

“Isms” of Today

That draw us away from Truth

Relativism

There is no Truth

God is Truth: If there is no truth, then God is not real

No source for determining what is “the good”

Sentimentalism / Emotivism –

If there is no truth, the only determination of right and wrong is feeling

Morality is reduced to what produces anger or pleasure.

Individualism

Without sense of community, tradition and truth, all feel they can do as they wish

Lost is the awareness that each individual is a unique and eternal creation of God, who find fulfillment in something greater than oneself

“Isms” of Today

Indifferentism

Because there is no truth, your religion doesn't matter and there is no need to recognize a Creator or Savior

Universalism

Everyone goes to heaven – thus morality now is irrelevant

Egalitarianism

All are equal such that all must be treated identically
Denies God-given dignity and value of each person with unique needs, lives, and purposes in God's Plan

Materialism

There is no supernatural world, only what is known by physical senses is real. Default Atheism.

What Does This Have to Do with First Communion?

These are a Denial of :

Supernatural

God as Creator and our need for a Savior

Reality of heaven and hell

Unique value and dignity of the human person

Makes Faith Meaningless

If these are true, then we worship bread

Watch the following and take time, as an adult, to really ponder the True and Full Presence of Christ, Body, Blood, Soul, and Divinity, in the Consecrated Host at EVERY Mass.

<https://youtu.be/GhkNoM8Dpkw>

Eucharistic Miracles

Did you know... miracles have continued even after Jesus' death!?

God acts through His followers to continue blessing us with amazing gifts to help us in this life. They should not be the reason we believe in Him, but they help make our beliefs reasonable. – Share these sentences with your children when you explain these miracles to them.

Click the links below to learn about amazing miracles that happened around the Blessed Eucharist you will soon receive. Let me know which ones you like the most!

Read the following pages (Pg. 27 – 31) and text on their links.

Then call your children back and show them the pages, summarizing what you read about the Real Presence and Eucharistic Miracles at a level they'll understand.

**Real Presence of Christ in the Eucharistic Host
at the following link:**

http://therealpresence.org/eucharst/mir/emw_realpres.htm

Eucharistic Miracles

One of the most famous Eucharistic Miracles is in Lanciano, Italy - in part, because scientists have repeatedly verified numerous miraculous aspects about it. It began in 750 A.D. - Over 1,000 years ago! - When a priest struggled with belief in Jesus being fully Present in the Eucharist.

[Click Here to Learn more](#)

Scroll Down to "Italy" and read the following 2 PDFs

Lanciano, 750 A.D. (part 1)

Lanciano, 750 A.D. (part 2)

Eucharistic Miracles Buenos Aires

Lanciano's miracle became even more important less than 30 years ago!
What was discovered after the miracle brings new message to Real Presence.

[Click Here to Learn more](#)

Scroll Down to "Argentina" and read the following 3 PDFs

Buenos Aires, 1992 - 1994 - 1996 (part 1)

Buenos Aires, 1992 - 1994 - 1996 (part 2)

Buenos Aires, 1992 - 1994 - 1996 (part 3)

Eucharistic Miracles

Sacred Heart of Jesus

The following link is to the true story of a saint who shared revelations she received from God regarding the Eucharist's reality, value, and importance for us.

[Click Here to Learn more](#)

Scroll Down to

"Saints, Mystics and the Eucharist"
then choose the first entry:

Saint Margaret Mary Alacoque -
Sacred Heart of Jesus, 17th Century

Eucharistic Miracles

St. Bernadette

St. Bernadette - Incorrupt

After Mary appeared as Our Lady of Lourdes to a young girl in France in 1858, a Eucharistic miracle occurred.

[Click Here to Learn more](#)

And scroll way , way down to "Our Lady and the Eucharist" then
[Lourdes, France, Saint Bernadette, 1888](#)

Florence, Italy 1230 - 2 Miracles

2 miracles, from an accident and from a fire - and left
evidence we can see today!

[Click Here to Learn more](#)

And scroll down to "Italy" then click
[Florence, 1230-1595](#)

January Presentation Feedback

Send your responses to Mrs. Bader at dlbader@sttm.org by February 28th.

- 1. How did it feel to have your parents pray over you? We can all pray over each other, asking God to help the people we love – and anyone we think needs His help (which is everyone!).**
- 2. Choose 2 more Eucharistic miracles to read about from the list and send me the names of each and your thoughts about them.**
- 3. Send me the name of which Eucharistic miracle each child and each parent liked the most and why you liked them most.**
- 4. Parents: Which “ism” or “ism’s” do you think have most impacted your spiritual life and which do you see being the hardest one from which to protect your children?**
- 5. Parents: Share a personal life experience that you think most affects your sharing of the faith with your child(ren).**
- 6. Watch this 11 minute video together, that explains the Liturgy of the Eucharist. Stop at times and talk about what the priest shared. Share your thoughts in your feedback:**
<https://watch.formed.org/presence/season:1/videos/para-ninos-the-miracle-at-every-mass>

In Conclusion

Click on this link and scroll down.

Traditions-monastiques.com - *Infant Jesus Tabernacle (Religious Art for sale)*

Click on the image's title to see it larger.

Jesus says,

*“I am here, waiting for you.
I love when you come near to me.”*

*You can visit Him in Church
anytime during the day!*