

FIRST COMMUNION

AT-HOME FAMILY RETREAT

Jesus says, "I am the light of the world"



*Saint
Francis of Assisi Parish*



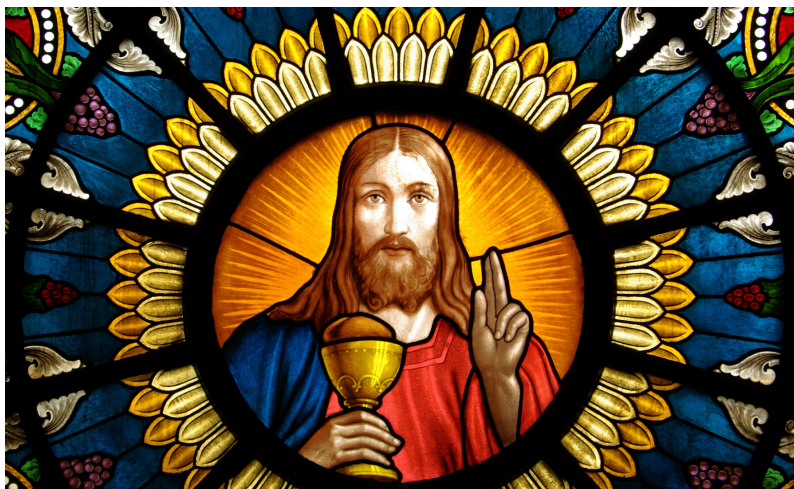
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HOW TO USE THIS BOOKLET

Jesus is calling you in a special way. He is asking you to be a part of His Passion; of His dying on the Cross and His rising from the dead. He wants to be so close to you that He calls you by name to come to His feast--the Holy Mass. At Mass you will eat the bread that has become Jesus' Body, and drink the wine that has become His Blood. This is a special time for you!

To help you prepare to receive Jesus for the very first time, we would like you to complete the items in this book. There is an activity for each page. Once you have that work completed, please check the boxes on the last page, attach your activities to the booklet, and hand it in to Miss Michelle. Don't forget! This needs to be completed one week before your First Holy Communion, otherwise we'll have to reschedule that date! We don't want to do that, because we are so excited for you to receive Our Lord! Congratulations!



Jesus says, "I am the way, the truth, and the life."

HOW TO RECEIVE HOLY COMMUNION

One of the trickiest things about receiving Jesus for the very first time is knowing what exactly to do when you get there! Watch this short video and answer the questions on the next page!

Practice receiving the Bread and Wine at home with the samples provided in your kit! (Ask mom or dad to help!)

<https://www.youtube.com/watch?v=qdGkTdv4Dt4>



COMMUNION QUIZ!

Answer these questions with your own words.

- What are the two correct ways to receive the Body of Christ?
- When should I bow?
- What should I do with my hands before I receive the Body of Christ?
- What does Father say to me when he gives me Jesus' Body?
- What do I say in return?
- What does this mean?

Jesus says, "This is my body. Do this in remembrance of me."

INTRODUCTION TO EUCHARISTIC ADORATION

One of the most beautiful things about our Catholic faith is our belief in the Real Presence--Body, Blood, Soul, and Divinity--of Jesus in the Eucharist. We believe that a simple wafer of bread is made into the real Body of Jesus through the power of the Holy Spirit. This is indeed a great mystery! Imagine being there the very first time this happened!

It is Jewish custom to celebrate a special feast called "Passover," where Jews remember how the angel of God "passed over" the children of Israel when God sent the final plague to the Egyptians. Jesus was Jewish, and so He went with his friends to an upper room to celebrate this very solemn feast with them. (If you've ever been to the Seder Meal, this is exactly what they were doing!)

When He got to the part of the ritual when they were to break the bread, Jesus said words to his friends, the disciples, that they'd never heard before. New words that we hear at every Holy Mass:

Then he took the bread, said the blessing,
broke it, and gave it to them, saying,
"This is my body, which will be given for
you; do this in memory of me."

~Luke 22:19

Can you imagine how the disciples must have felt when Jesus first said to them that the bread was His Body?! It must've been a bit of a shock for them, but it is one of the great and wonderful things Jesus does for us. He gives us His Presence in the Eucharist, so that He can be so close to us always. This is why He wants you to receive him--not only on the day of your First Communion, but always!



Because we believe that Jesus is really present in the Consecrated Eucharist, we have a very special way to pray with him--Eucharistic Adoration. Adoration is a beautiful way to spend time in prayer with Our Lord.

Adoration takes place in special chapels, or sometimes even in churches, if lots of people are adoring at the same time. St. Francis of Assisi Parish has its Adoration Chapel at the Waldo Site, where there is always someone present with the Blessed Sacrament from 5am on Mondays until midnight on Thursday. Because we believe Jesus is fully in the Eucharist, He cannot be left alone. There are other procedures we have to follow: we genuflect every time we enter or leave the adoration room; prayer must be quiet, as others are also in prayer; and distractions (like phones) should be kept to a minimum. There are beautiful options for Eucharistic Adoration at home! Please use the link below to bring Jesus into your home. But remember--it's really Jesus, so please observe the same level of reverence you would if you were in the chapel.

Please visit the link below, and spend 15 minutes in Eucharistic adoration.

<https://www.youtube.com/watch?v=XMBusENP19M>

THE HOLY VESSELS

Because the bread and wine that we use at Holy Mass become the Body and Blood of Jesus Christ, we must be very careful about what "dishes" we use on the altar. All of the vessels have special names and uses, and they must be made of precious metals--this is why you don't see Father drinking out of a plastic cup that can be thrown away.

Because the wine becomes Jesus' Blood, when we wash the vessels, we must be careful that none of Jesus' Blood goes into the regular sewer drains. The chalice must be rinsed in a sink called a "sacrarium", which drains into the ground and not into the sewer. The chalice must be wiped clean with a special cloth called a "purificator" that cannot be washed with ordinary dirty laundry. Isn't it wonderful to think how we take care of Jesus' real Body and Blood?! We do this because of our reverence for Our Lord, who bled and died for us on the Cross, and who rose again to bring all of us to Himself.



Watch these short videos, and match each of the images with its name. In the space provided below, draw where all of the vessels are placed on the Altar at Mass.

https://www.youtube.com/watch?v=Ts_4hObocjs

<https://watch.formed.org/presence/season:1/videos/pa-ra-ninos-the-miracle-at-every-mass>



ALTAR

candles
chalice
ciborium
crucifix
paten

Jesus says, "Do not be afraid; just have faith."

SERVICE PROJECT

Loving others is a beautiful way of thanking God for loving us so much. There are some people who cannot receive Jesus at church because they are too sick to leave their homes. We have lovely people who bring Holy Communion to them, so they can still be very close to Jesus. Please use the attached materials to write a message to someone who is homebound. You can use any of these words, or you can use your own. You may draw pictures, use stickers, or anything else you might like. :)

Please wash your hands before you begin, and do not lick the envelope. You may use tape to seal it.

Please pray for me as I receive my First Communion.

God loves you very much.

My name is _____ and I am excited to receive Jesus
for the first time.

Jesus is always with you because He loves you so much.



ATTEND MASS

Do you know why we have a crucifix in church? It is to remind us that it is Jesus who calls us each by name to celebrate Holy Mass with Him! First Communion is a special time because you will be receiving Jesus for the first time, but this is meant to be the first of many times! Jesus asks us to worship Him at the Mass EVERY weekend! Please attend Mass with your family, circle the Mass you attended, and have your priest write his initials on the back of this booklet.

If you do not feel comfortable attending Mass at this time, please worship with us remotely!

Weekend Mass Times

Saturday:

4pm @ Grand

4pm @ Waldo

Sunday:

7:30am @ Waldo

8am @ Grand

9am @ Marshall

9:30am @ Waldo

10:30am @ Grand

6:30pm @ Waldo



Jesus says, "I am the Good Shepherd.
I know my sheep, and my sheep know me."

Remote Mass Options

Radio Mass: 9:30am on WCUB 980 AM

Facebook Live Stream: 10:30am St. Francis of Assisi on FB

Completed Activities

☐

Receiving Communion Practice

☐

Eucharistic Adoration

☐

Holy Vessels Activity

☐

Service Project

☐

Attend Mass



Please return this booklet
with your completed work
to Miss Michelle.