

LISTEN and REMEMBER:

Jesus took the bread he broke.

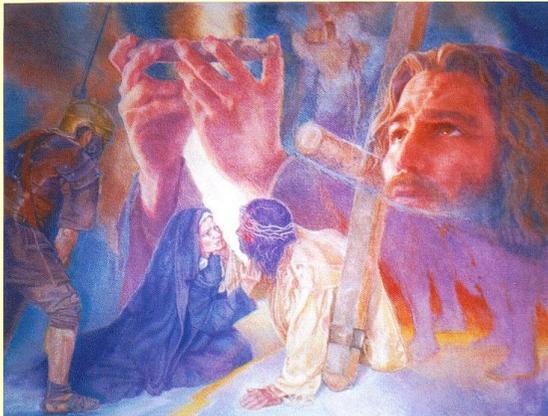
Jesus shared the bread he broke and said

Do this, do this in memory of me.

Jesus took the wine he poured.

Jesus took the wine he poured and said

Do this, do this in memory of me.



YOU CAN HELP YOUR CHILD:

- By reminding them that Jesus gave his life for us
- Telling your child that Holy Communion is a special time when we meet Jesus in person
- Encouraging your child to say thank you often in prayer
- At Mass on Sunday by helping them to join in
- Renewing your own faith in this wonderful sacrament

OPENING PRAYER

Lord our God, as we prepare in this year

We thank you for gathering us here together

We thank you for your goodness and kindness

We thank you for sending your Son Jesus

We thank you for his body and blood

We thank you for sharing this gift with us

For all the good things you give, we thank you.

LISTEN TO: Jesus we remember you



SHARE WITH THE PERSON BESIDE YOU:

- *What does this prayer tell us about Mass?*
- *Why is it important to say 'thank you'?*

Parish Parent Helps 3: 1st Communion support

MASS: WHAT DOES IT MEAN TO YOU?

- *It's a time when I get peace and quiet*
- *I just come, I don't know why but it helps me make sense of life*
- *I don't know if it means anything to me anymore*
- *I feel pushed into being here, I find it really boring.*
- *It's my time to say thanks to God*
- *I know I'm praying with others, that gives me strength.*
- *It's my weekly space to stop and say thank you to God.*
- *I'm part of this community, our Sunday Mass bonds us together*
- *It helps me to stop and think, to remember God's love, I can forget it when I'm busy during the week.*

AT HOME—SHARE MEMORIES

1. *Have a chat with your child about why this year of preparation is a good opportunity to pray together as a family at Mass.*
2. *Get your own First Communion photos out, tell the story of the day, remember those who were with you and the happiness of the day.*
3. *Share what made it so special.*
4. *Create a small prayer area in your home with the pictures of your own first communion. Give thanks for the help you were given by family and friends.*



TEACH YOUR CHILD THIS YEAR

1. *To bless themselves when they enter Church for Mass*
2. *To join in some of the responses at Mass*
3. *To remember to pray for their family and friends*
4. *To join in any singing*
5. *To join in when everyone is standing, or sitting or kneeling.*
6. *To look at the altar when the priest holds up the host and the chalice*
7. *To hold hands for the Our Father*
8. *To say 'Peace Be With You' and shake hands*
9. *To remember that Jesus is with us in holy communion*
10. *To light a candle after Mass in thanksgiving*