



Received

Your Journey to First Communion

FREQUENTLY ASKED QUESTIONS

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1. What sets *Received* apart from other First Communion programs?

Received: Your Journey to First Communion is a 12-Session First Holy Communion preparation program that offers catechists a turn-key approach to lesson preparation and planning. *Received* offers children and their parents an engaging, interactive way to grow in their understanding of God's love and mercy through fun activities, live-action videos, and an attractive and approachable workbook.

Engaging video presentations, a dynamic student workbook, and easy-to-use guides for leaders and parents, along with a rich offering of free online resources, collectively call young people to a personal encounter with Jesus Christ through the Eucharist.

2. What are the components of the *Received* program?

Received: Your Journey to First Communion DVD

Children preparing for First Reconciliation and First Holy Communion learn best through stories. As young Catholics prepare to receive First Holy Communion, they will follow along with Felicity's journey as she prepares to receive the sacrament. Through Felicity, they will learn about their faith, understand God's infinite love and mercy for them, and grow in excitement for the amazing gift of the Eucharist.

Each video segment is under 5 minutes long to better match their attention spans and features gorgeous live-action videos and stunning animations to reveal the spiritual dimension.

Received: Your Journey to First Communion Student Workbook

The *Received* Student Workbook is designed to engage young students and prepare them to receive the Sacrament of First Holy Communion. The student workbook comes with digital access to the online course.

Features: Lesson Artwork, Scripture Verses, Prayers, *Visio Divina*; Independent Activities, Interactive Activities; Discussion Questions; Quizzes; Scripture Stories; Main Lesson Teachings; Friend on the Journey (featured saints); Key Words; Car Conversations; and Family Time Activities.

Received: Your Journey to First Communion Leader's Guide

The Leader's Guide walks you through the lessons using easy-to-follow steps and leader's notes. Each lesson begins with a prayer for leaders; lesson overview and objectives; *Visio Divina* questions and additional teaching activities; tough questions and answers; and parent connection ideas. Each lesson also contains complete Student Workbook content with wrap-around leader's notes. The leader's guide comes with digital access to the Leader's Access course.

We partnered with The National Catholic Partnership on Disabilities to provide tips and resources to engage all learners.

Receiving Jesus: My Guide to the Mass

A keepsake trade book for children to keep and use whenever they prepare for and attend Mass.

Received Online Parent Certification Course

Our Online Parent Certifications meet parents where they are. The *Received Online Parent Certification* course gets parents involved in their child's preparation, offers high-quality video presentations that touch the heart, and makes it easy for parents with self-paced online access wherever and whenever they have time.

Renewed & Received Online Leader's Certification Course

There is only one Leader's Certification course for both programs. We suggest that catechists take this online certification prior to the start of the preparation period.

This convenient, self-paced online course offers six helpful sessions. It offers inspiration and encouragement to your team to lift them up for the important work they've been called to do. It provides clear, practical guidance on what to expect and how to respond to typical situations that are likely to arise in the classroom. It equips leaders to encourage family catechesis and parent engagement. It arms your team with hard-won knowledge from experienced Catholic presenters and ministry workers.

Received Saint Prayer Cards, Pack of 10

Each lesson of the *Received* program features a saint, the "Friend on the Journey." Beautifully illustrated by Elizabeth Blair, these saints can be shared as prayer cards for students to collect. This is a great way to keep students engaged and to encourage attendance/participation.

Communion Crate by Catholic Family Crate

Ascension and Catholic Family Crate have worked together to create a bundle of amazing Catholic lessons, support, and fun for families to enjoy at home. Pair Ascension's *Received: Your Journey to First Communion* program with Catholic Family Crate's First Communion Crate for an incredible spiritual experience for at-home catechesis for parents and children to engage and prepare for their sacraments!

3. What topics are covered in *Received*?

The topics of the *Received* program are carefully ordered to build upon one another, providing a solid framework of catechesis. Each video that accompanies the lesson seeks to tackle the most challenging objective of the lesson:

Is Jesus really present in the Eucharist?

Why can't I hear Jesus in prayer?

Our goal was to get in the mind of a second grader (7–8 year old) to help bring God's love and mercy to life.

Unit 1: What is the Paschal Mystery

Lesson 1.1: “The Paschal Mystery in Jesus’ Life.” This lesson begins your students’ journey to their First Communion, the first time they receive Jesus in the Sacrament of the Eucharist. To fully understand the gift of the Eucharist, we must first understand the Paschal Mystery—Jesus’ Passion, death, Resurrection, and Ascension to the Father—and his power to save us from sin. In this lesson, students learn about these events in Jesus’ life and his gift to us of the Holy Spirit. Through the Church, we encounter him now in the sacraments.

In the video “Bees!” Felicity steals some icing, and bees get into the house. She learns how her actions affect others and how Jesus takes her sin away by taking it onto himself.

Lesson 1.2: “The Paschal Mystery Today.” This lesson explores the ways we celebrate the Paschal Mystery now. Even though Jesus has ascended into heaven, he remains close to us in the sacraments. Like the disciples on the road to Emmaus, we encounter him in every Mass in “the breaking of the bread” (the Eucharist), when his sacrifice on the Cross is made present on the altar. Jesus invites us to share in this act of his redeeming love. It is Jesus who acts in all the sacraments. They are the outward signs of his grace at work within us.

In the video “Movie Night,” it’s movie night, and Felicity misses her dad. She is comforted by recalling Dad’s stories and prayers and learns that Jesus is with us similarly in prayers and Scripture.

Unit 2: Who Gave Us the Eucharist?

Lesson 2.1: “Jesus, The Bread of Life.” This lesson teaches students that God always provides for his people as a loving Father. God gave the Israelites manna to eat in the desert. Jesus changed water to wine at the wedding at Cana and later fed a crowd of more than five thousand people. Jesus himself is the Bread of Life who came down from heaven. At Mass, the priest changes bread and wine into Jesus’ Body and Blood to nourish our souls.

In the video “Bread Crumb Trail,” while waiting for Dad to bring lunch home, Felicity asks why Jesus comes in the form of bread.

Lesson 2.2: “The Last Supper.” This lesson looks at the Scriptural origins of the Eucharist and the priesthood. Students learn about the Last Supper, when Jesus gave his Apostles the Sacrament of the Eucharist. Jesus also gave them the priesthood. The priest’s words of

Consecration in the Eucharist today are the same as Jesus' words then, and we receive Jesus' Body and Blood just as the Apostles did. The Eucharist is the gift of Jesus' presence with us forever.

In the video "The Last Supper," the family enters into the narrative of the Last Supper, and Felicity sees how we get to participate in that same meal today at Mass.

Unit 3: Why is the Eucharist Important?

Lesson 3.1: "The Eucharist." This lesson teaches students that the Eucharist is Jesus' Real Presence, not a symbol, for he himself said, "My flesh is food indeed, and my blood is drink indeed" (John 6:55). In the Sacrament of the Eucharist, the miracle that changes the bread and wine to his Body and Blood is called transubstantiation. Thus, when we receive Holy Communion, we receive Jesus fully: Body and Blood, Soul and Divinity. This is a miracle and a great mystery, but we know it is true because we trust what Jesus says.

In the video "Transub-what?," with the help of the neighborhood mailman, Felicity comes to understand how the bread and wine at Mass become Jesus himself.

Lesson 3.2: "The Eucharist Changes Us." This lesson teaches students that when Jesus humbles himself by washing his disciples' feet, he prepares them for the first Eucharist and for service to others. When we receive Jesus in Holy Communion, we receive grace (his life in us) and are changed by it. We are united to him and to his Church, for the Eucharist strengthens our love for God and for one another. It is the center of our worship.

In the video "Power's Out," when the power goes out, the family comes together and learns how Jesus in the Eucharist changes us before sending us out into the world.

Unit 4: What is the Mass?

Lesson 4.1: "The Mass is a Sacrifice." This lesson teaches students that worship is how we honor God and show him we love him. The Mass is our highest form of worship. During the Eucharist, Jesus' sacrifice on the Cross becomes present on the altar. We witness his sacrifice and join our offerings to his, and we receive him in Holy Communion. We prepare for Mass by receiving forgiveness from Jesus in the Sacrament of Reconciliation, where he reconciles us to God and to one another.

In the video "The Best for God," Felicity learns why we go to Mass and why Mass is so special.

Lesson 4.2: "The Mass is Our Worship." This lesson connects our celebration of Mass to early Christian worship and dives into the details of the liturgy. Students take a close look at the central parts of the Mass—the Liturgy of the Word and the Liturgy of the Eucharist—and at how Christ himself acts through the priest in the celebration of Mass. Students also explore the ways the Mass helps us worship, pray, and seek reconciliation and how it unites us as a family of faith.

In the video “What’s Happening at Mass?” Fr. Paul offers us an inside look at what is really happening in the liturgy every Sunday.

Unit 5: How Will I Receive Jesus and Stay Close to Him?

Lesson 5.1: “Receiving Jesus in Holy Communion.” This lesson continues to teach students about the Holy Sacrifice of the Mass. Jesus’ Body and Blood are worthy of the greatest honor and respect. We honor Jesus in the Eucharist by the way we behave when we are in his presence and by how we receive him in Holy Communion. Students learn how to prepare for Holy Communion, how to receive Jesus’ Body and Blood, and what to do after Holy Communion.

In the video “Ready to Receive,” when Felicity’s godparents come to visit, Felicity learns the importance of preparing her heart before receiving Jesus in the Eucharist.

Lesson 5.2: “Staying Close to Jesus.” This lesson introduces students to worshipping Jesus in Eucharistic Adoration and in prayer before the Blessed Sacrament. They will soon receive Jesus for the first time in Holy Communion, but they can also pray in his holy presence. The King of the Universe comes to us in the form of bread so that we may know he is always close to us. This lesson teaches them ways to worship the Eucharistic Jesus.

In the video “Adore Him,” Felicity goes to Adoration and has a powerful experience with praise and worship music.

Unit 6: How Do We Live Out the Eucharistic Mission?

Lesson 6.1: “Why Prayer Matters.” This lesson teaches students about prayer. Being Jesus’ disciples means having a personal relationship with him and talking to him. Prayer is how we do this. There are different kinds of personal prayer and different ways to listen for God’s voice. The traditional prayers of the Church, which we all share, help deepen our prayer and unite us to one another.

In the video “A Relationship with Jesus,” Felicity and Theo meet a religious sister at the church. She helps them understand ways we can love Jesus and be loved by him in return.

Lesson 6.2: “Caring for Other People.” This lesson introduces students to the lifelong call to discipleship. Discipleship means having a relationship with God and caring for our brothers and sisters. By serving people who are in need, we serve Christ. Students will explore the ways they feel called personally to serve others.

In the video “Felicity’s First Communion,” Felicity receives Jesus in the Eucharist for the first time.

4. How are the lessons structured?

The Leader's Guide breaks each lesson down into an easy-to-use, seven-step format. *Received* allows for flexible class times ranging from forty-five minutes to two hours, as well as a five-day lesson plan structure for schools. Additional content—including keywords, Scripture references, and lesson summaries—is also included and, depending on the needs of your group, can be used either in class or as homework. Components of the seven-step lesson format include:

Step 1: Welcome

Includes: Tips for greeting students; directions for the independent bell activity; introduction to the Scripture verse of the day; proclamation of the lesson objectives; opening prayer; and optional *visio divina* exercise.

Step 2: Leader-led Activity

Includes: Directions for the first activity of the class.

Step 3: Scripture Story

Includes: Reading and discussion questions.

Step 4: Main Content Teaching

Includes: Three key content points; bolded keywords; and discussion questions, with accompanying content and interactive activity ideas.

Step 5: Video and Discussion

Includes: Five-minute video to watch with the class, followed by discussion and quiz questions.

Step 6: Saint's Story

Includes: Original illustrations of the saints; content that connects to the lesson theme; fun facts about the saint; and a prayer. Saints include:

- Mary, The Mother of God
- St. Dominic Savio
- Children of Fatima
- Venerable Augustus Tolton
- St. Gregory the Great
- St. José Sánchez del Rio
- St. Thomas Aquinas
- St. Clare of Assisi
- Blessed Chiara Luce Badano
- St. John Paul II
- Blessed Carlo Acutis
- St. Martin de Porres

Step 7: Wrap-up

Includes: End of lesson quiz; take home activity ideas; and the closing prayer.

5. Who would benefit from *Received*?

Received was developed as a First Holy Communion preparation program for second graders (7–8 year olds) and is appropriate for first grade and above.

Featuring amazing videos and engaging written materials, *Received* can be effectively used in a variety of settings. The program can fit into virtually every corner of school, parish, and family life including school and parish religious education, whole-family catechesis, home use, or any setting that calls for engaging and inspirational catechetical teaching.

6. Is *Received* on the USCCB's Conformity List?

Yes, *Received* is on the USCCB's Conformity List.

In addition, *Received* has been granted ecclesiastical approval by the Archdiocese of Philadelphia.

7. How does *Received* engage parents and families?

No matter how gifted a teacher is or how great a particular resource may be, nothing and no one can take the place of a parent. The *Received* program offers a *Parent Online Certification* course that engages parents in their faith, as well as provides tips and strategies to accompany their child through this period of sacramental preparation.

Embedded within the *Parent Online Certification* course, there is a complete Parent's Guide that follows each lesson of the *Received* Student Workbook. The Parent's Guide is digital online and comes with tips and suggestions for parents about how to talk to and engage their child throughout their journey.

Recognizing the primary role that parents are called to play in their children's faith formation, *Received* offers a Parent Information Session. This session gives leaders an opportunity to engage parents at the very beginning of the program, and it gives parents an opportunity to show their children the importance of preparing for the sacrament. Other planning materials include an outline for the 60-minute Parent Information Session, sample letters to parents, and a checklist of things to consider before, during, and after the session.

8. What resources and support are available for leaders?

The *Renewed & Received* Online Leader's Certification is a great way to engage leaders. More than explaining how to teach the *Received* program, the Leader's Certification course is a self-paced experience where leaders encounter:

Video 1: "Thank You for Saying Yes." Father Mike Schmitz, Jackie & Bobby Angel, Mari Pablo, and Sister Josephine Garrett welcome leaders and provide words of encouragement as they begin their journey.

Video 2: “Tips and Strategies for Classroom Engagement.” Mari Pablo and Sister Josephine Garrett reveal insider teaching tips and classroom set-up.

Video 3: “Tips and Strategies for Parent Engagement.” Mari Pablo and Sister Josephine Garrett share the importance of parent engagement and present strategies to catechize the whole family.

Video 4: “Nurturing Faith Formation Communities.” Mari Pablo and Jackie & Bobby Angel discuss the difference between classroom learning and forming faith formation communities. The goal of sacramental preparation is forming relationships. Mari, Jackie, and Bobby reveal strategies to make this a possibility.

Video 5: “Differentiated Learners.” Charleen Katra, Executive Director of the National Catholic Partnership on Disabilities, joins us to discuss tips and strategies for setting up and maintaining an inclusive classroom that is considerate of diverse learning needs.

Video 6: “Don’t Forget Your Relationship with Jesus.” Mari Pablo calls catechists to maintain focus on their relationship with Jesus and their prayer life. She shares that it can be easy to talk about Jesus and not actually talk to Jesus.

The *Received: Your Journey to First Communion* Leader’s Guide walks you through the lessons using easy-to-follow steps and leader’s notes. Each lesson begins with a prayer for leaders; lesson overview and objectives; *visio divina* questions and additional teaching activities; tough questions and answers; and parent connection ideas. Each lesson also contains complete Student Workbook content with wrap-around leader’s notes. The leader’s guide comes with digital access to the Leader’s Access course.

We partnered with The National Catholic Partnership on Disabilities to provide tips and resources to engage all learners.

Leaders should also encourage volunteers to view the detailed Frequently Asked Questions on this page. Please do not hesitate to contact us with any questions by emailing Support@AscensionPress.com or by calling 1-800-376-0520.

9. Is *Received* available in Spanish?

All components of *Received: Your Journey to First Communion* program will be translated into Spanish and ready for release in Spring 2024.

For 2023, we will have the *Received Online Parent Certification* course available in Spanish by the end of summer. This will include the complete translation of the written materials and Spanish subtitles (no dubbing yet) for the videos.

10. How do I preview the *Received* materials?

Experience the flexibility of *Received*'s all-digital online course for yourself, which allows you to preview a full session including the videos, workbook, and quiz questions. [Click here to access your free preview today!](#)

11. Who are the presenters in the *Received* videos?

Student Videos: The *Received* student videos feature actors. Journey with Felicity and her family as they learn about their faith and God's infinite love and mercy for them.



PARENT VIDEOS



Father Mike Schmitz

Fr. Mike Schmitz, a Catholic priest and evangelist well known for his social media videos and podcasts, hosted the 2021 breakout podcast “The Bible in a Year (with Fr. Mike Schmitz)™,” which became the #1 podcast on the Apple charts after its January 2021 launch, and is the most popular Catholic podcast of all time.

In 2023, Fr. Mike became the central figure of the all-new daily podcast “The Catechism in a Year (with Fr. Mike Schmitz),” which guides listeners through the entire *Catechism of the Catholic Church*, providing explanations, insights, and encouragement along the way.

Fr. Mike releases a weekly Catholic show, “The Fr. Mike Schmitz Catholic Podcast,” and also a weekly Sunday Mass on Ascension Presents, the largest Catholic YouTube channel in English. Both programs are also published as podcasts. Fr. Mike additionally contributes to many of Ascension’s Catholic books and faith formation programs.

For the impact of The Bible in a Year podcast, Fr. Mike was recognized as one of [Our Sunday Visitors’s 2021 Catholics of the Year](#) for 2021 as well as a recipient of the [2022 Cardinal John P. Foley Award](#) for excellence and innovation in Catholic storytelling.

Fr. Mike is the director of Youth and Young Adult Ministry for the Diocese of Duluth as well as the chaplain for the Newman Center at the University of Minnesota-Duluth (UMD). Fr. Mike attended St. Paul Seminary in St. Paul, Minnesota, and was ordained for the Diocese of Duluth in 2003.



Sister Josephine Garrett

Sister Josephine is a native Texan, born and raised in Houston. She moved to Dallas in 1999 to begin studies at the University of Dallas where she completed a BA in Political Philosophy with a Business Concentration. Sister subsequently entered the banking industry, serving for 10 years as a Vice President in the Home Loans division of Bank of America in the roles of Operations Manager of a staff of 200 and later as a Project Manager. Sister was raised Baptist and entered the Catholic Church in 2005. Later, in November of 2011, she began her formation to be a religious Sister. In November of 2020 Sister Josephine professed her final vows as a Sister of the Holy Family of Nazareth.

She is a licensed counselor, serving as the school counselor for the cathedral grade school in Tyler, TX, and also in private practice. Sister has also served in vocations ministry and as a national speaker for youth and young adults, speaking to groups of up to 25,000.



Jackie & Bobby Angel

Jackie Angel is a full-time traveling speaker, singer/songwriter, and worship leader from Orange County, CA. In 2006, she became an artist with Oregon Catholic Press, with whom she has released two albums. Her husband Bobby Angel is a native Floridian who worked for eight years as a campus minister and teacher at an all-boys school.

Jackie and Bobby have spoken and written on Catholic marriage, discernment, and Theology of the Body. The pair are regular video contributors on Ascension Presents, and currently live in Dallas, Texas with their four children.



Mark Hart

Mark Hart serves as chief innovation officer for Life Teen International. A graduate of the University of Notre Dame and a twenty-seven year veteran of youth ministry, Mark is a best-selling author of over twenty books, a daily radio host on SiriusXM and an award-winning writer and producer. One of the most sought-after speakers serving in the Catholic Church today, Mark's humor and his passion for Scripture are known around the world.

His multiple video series with Ascension—*Venture*, *Encounter*, *Altaration* and *The 99*—have helped millions of Catholics, young and old, begin to read and study the Bible and engage the

Catholic faith in exciting and relevant new ways. A master catechist, Mark also serves as a book editor, speaking coach, publishing and marketing consultant, and as a research fellow for the St. Paul Center for Biblical Theology.

Mark and his wife, Melanie, live in Phoenix, Arizona with their three daughters—Hope, Trinity, and Faith—and one son, Josiah.

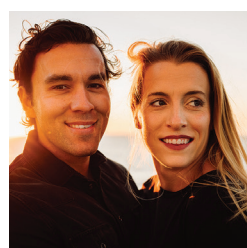


Father Josh Johnson

After powerfully encountering Jesus in the Eucharist as a teenager, Fr. Josh Johnson dedicated his life to becoming a wholehearted disciple of Jesus Christ. Ordained for the Diocese of Baton Rouge in 2014, Fr. Josh has dedicated his priesthood to inviting all people to become saints in their walk toward eternity.

Fr. Josh travels widely as a speaker at conferences, retreats, and youth events. He is well-known for his popular Ascension podcast *Ask Father Josh* as well as his Q&A video show on the *Ascension Presents* YouTube channel, the largest Catholic channel in English. Additionally, he has written several books with Ascension, including the best-selling *Pocket Guide to Reconciliation* (co-written with Fr. Mike Schmitz), and has contributed to several Ascension faith formation programs, including *Altaration: The Mystery of the Mass Revealed* and the *Rejoice!* Advent series.

Fr. Josh is the vocations director for the Diocese of Baton Rouge, as well as pastor of Sacred Heart of Jesus parish. He can often be found praying the Rosary and walking in the neighborhoods of his parish, inviting those under his pastoral care to become intentional disciples of Jesus Christ.



Emily Wilson Hussem & Daniel Hussem

Emily Wilson Hussem is a speaker, YouTuber, author, wife and mom who shares her faith online and travels the world sharing her witness of faith at conferences and events across the globe. She writes, speaks, and creates videos on femininity, faith, and relationships, and her books, videos, and talks have inspired and encouraged women of all ages. Emily functions as

the creative director of *Marcam* and oversees the entire creative and directing process.

Daniel, an equally passionate Catholic as his wife Emily, has years of business experience as a marketing and product director in the tech industry working directly with Fortune 500 caliber clientele and contributing to nearly a dozen Forbes business publications before switching his career in tech for a more meaningful adventure with Seven Fourteen Media. Daniel functions as the producer and business director of *Marcam* and oversees all production, strategy, and marketing tasks.

LEADER VIDEOS



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of Operations Manager of a staff of 200 and later as a Project Manager. Sister was raised Baptist and entered the Catholic Church in 2005. Later, in November of 2011, she began her formation to be a religious Sister. In November of 2020 Sister Josephine professed her final vows as a Sister of the Holy Family of Nazareth.

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Jackie and Bobby have spoken and written on Catholic marriage, discernment, and Theology of the Body. The pair are regular video contributors on Ascension Presents, and currently live in Dallas, Texas with their four children.



Mari Pablo

Mari Pablo is known as a dynamic evangelist throughout the United States and Latin America. Mari grew up in a devout Hispanic Catholic family in South Florida, and later adventured north to earn bachelor degrees in theology and psychology from the Franciscan University of Steubenville, as well as a master's degree in theology from the Augustine Institute.

Mari has worked as a youth minister and high school theology teacher for over fifteen years, becoming a passionate expert in helping young Catholics encounter the love of Christ and the truth of his Church. Mari currently works for The Evangelical Catholic, supporting parishes and universities in their efforts to spread the Gospel.

Mari has contributed to several Ascension video series, including *The 99*, the revised edition of *Chosen: Your Journey to Confirmation*, and is a main presenter in *Connected: Catholic Social Teaching for This Generation*. Mari is well-known for her engaging presentations at the annual Steubenville Youth Conferences and other national outlets.



Charleen Katra

Charleen Katra assumed the position of Executive Director of National Catholic Partnership Disability in December of 2019 after having served on NCPD's Board of Directors in 2018 and 2019. She previously served as an Associate Director in the Office of Evangelization and Catechesis for the Archdiocese of Galveston-Houston. For over twenty years her primary responsibility was directing the Ministry with Persons with Disabilities. Katra is the co-author of *The Adaptive Teacher: Faith-Based Strategies to Reach and Teach Learners with Disabilities* (Loyola Press, 2019) and the author of *How to Talk to Children about People with Disabilities* (Twenty-Third Publications, 2019). She has extensive experience in systematic and sacramental catechesis and has served as a national consultant, author, and speaker on the topic of inclusion

for various Catholic publishers. Katra is currently a member of the Loyola Press Speaker Corp. She holds a Bachelor's in Special/Elementary Education and a Master's in Pastoral Studies.

More questions? Please contact us, we'd love to hear from you!

support@ascensionpress.com

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