

We Share in the **EUCCHARIST**



Jesus walks with you as you prepare to
celebrate your First Communion.
He loves you and wants you to share
the Bread of Life.

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Sacramental Preparation Resources, 3rd edition
We Prepare for Reconciliation
We Share in the Eucharist



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A Special Invitation

Dear Child,

Imagine how you would feel if a famous person, someone you really admire, invited you to be a guest of honour at a huge party!

Well, guess what? You **HAVE** been chosen to be a guest at a wonderful celebration.

And the one inviting you is Jesus.

As you begin to prepare for your First Communion day, Jesus will be walking beside you all along the way, just as he has done since your baptism.

When you are ready, there will be a great celebration in your parish where you will be welcomed to the Table of the Lord by the whole parish community. You will be the guest of Jesus himself.

If you are ready to begin, just sign your name below.



1. We Walk with Jesus

Belen's parents work hard to earn money, so they try to spend it carefully. But Belen will soon be eight years old and that will be a very special occasion. Her parents decide to have a surprise party for her. They invite Belen's closest friends.

Her father knows a magician who will show up right in the middle of the party.

Can you imagine the excitement when he arrives? Belen's parents believe that family celebrations are very important.

Your family celebrates special occasions. So does your church family. It celebrates feast days like Christmas and Easter and special occasions like your baptism and First Communion.

From the Liturgy



Father, because you love us, you invite us to come to your table.

~ Eucharistic Prayer I for Children



What Do You Think?

- What other days do you celebrate besides birthdays?

- Which celebrations mean the most to your family?

- What is your favourite way to celebrate?

A Day to Remember

After Jesus died on the cross, Peter, Andrew, and all the followers of Jesus gathered together. They were very sad. Jesus was their best friend. He taught them about God's Law of Love and showed them how to live it.

Suddenly, some women ran into the room. Early that morning, before sunrise, they had gone to the tomb where Jesus was buried. Now they had some incredible news.

The tomb was empty! Then the words of Jesus came back to them: "On the third day, I will rise again." They were so happy! Jesus had risen, just as he had said.

Imagine yourself in the place of Peter. He was sad when Jesus died on the cross, but now was filled with joy. Can you remember a time when you were so happy you could hardly speak? It must have been like that for Peter and the others.

It's terrible -
just terrible!

What will we do
without Jesus?

The tomb is
open...the body
of Jesus is gone!

What?
We have to go see
for ourselves.

**He is risen.
Alleluia! Alleluia!**



A Meal to Remember

A new life began for the friends of Jesus. Jesus had died on the cross, but God raised him to new life. His friends often talked together about all that Jesus had done and said. They remembered his last meal with them, and his beautiful words came back to them.

Imagine yourself at the table with Jesus and his friends. Put yourself in the picture below.

What would you have said to Jesus about his incredible words? What do you think he meant?

Take this, all of you,
and eat it. This is my
body, which will be given
up for you. Take this,
all of you, and drink it.
This is the cup
of my blood.



At the end of the meal, Jesus said: “Do this in memory of me.” From then on, when his followers shared the bread and wine, they remembered Jesus, and he was there with them.

Just as Jesus asked, his followers soon began to gather every Sunday, the day of the resurrection, in memory of him. For them, every Sunday was like celebrating Easter all over again.

At first his followers met in homes around a dinner table. But soon there were too many of them. They had to move to larger spaces. As the number of followers grew, they built churches where they could share their faith and love in memory of Jesus.



The Church Teaches...



**Jesus is really and truly present
in Communion. He gives us his
body and blood.**

- adapted for children from Catechism
of the Catholic Church (CCC) #1375

Draw or write here about what you like best in your parish church.

Your Parish Church

The people in your parish, which is also called a Christian community, gather every Sunday just as Christians have done since the time of Jesus.

When you celebrate Mass with your parish family, Jesus is truly there with you. Your parish church is the place where you will celebrate your First Communion.

Can you answer these questions?

HINT Ask your parents or teacher for help.

1. What is the name of your parish?

2. Why do you think it has that name?

3. Who is the leader in your parish?

4. Who are some of the people who work with your pastor?

1. What Have You Learned?

See how well you have listened and learned. Use these words to answer the questions below:

Communion, memory, Sunday, Mass, Jesus, Easter

1. _____ is the greatest Christian feast day.
2. It is the day God raised _____ to new life.
3. During his last meal, Jesus said: "Do this in _____ of me."
4. After the Resurrection, the friends of Jesus began to meet on _____.
5. At _____, the members of your parish family share the Bread of Life.
6. When you celebrate your First _____, you will also share the Bread of Life.

From the Bible



Jesus taught his followers God's Law of Love. Here is how the Bible describes it: "You shall love the Lord your God with all your heart, and with all your soul, and with all your might."

~ Deuteronomy 6:5

At the Last Supper, Jesus taught his followers this new law of love: "Love one another as I have loved you."

~ adapted from John 15:12



Let us Pray

Invite your family to say this prayer before meals with you:

Lord Jesus, bless this meal that we are about to share, and please bless all the people in our world who are hungry this day. Amen.