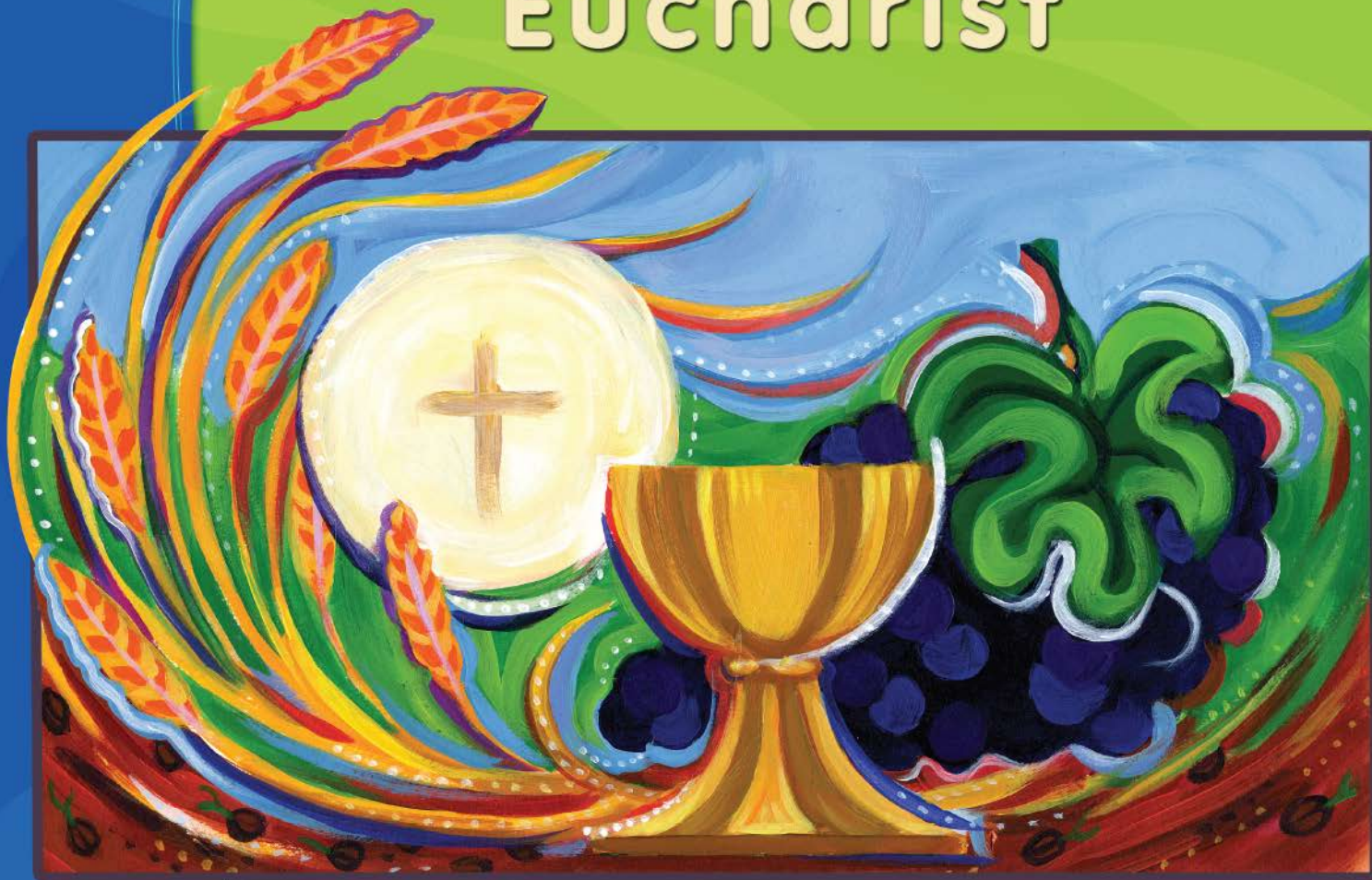


Celebrate  
and  
Remember

saint mary's press

# Eucharist



# Eucharist

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# Eucharist

Celebrate and Remember

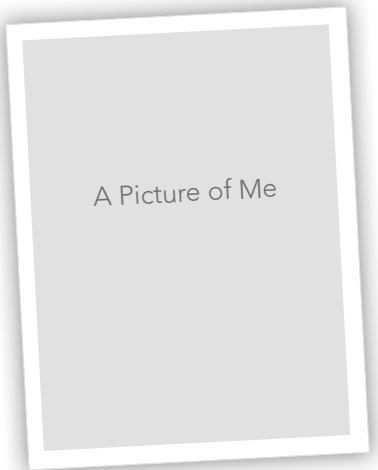
Regina Anne Kelly



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# All About Me

## as I Prepare for My First Holy Communion



**My Name**

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**My Age**

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**My Family**

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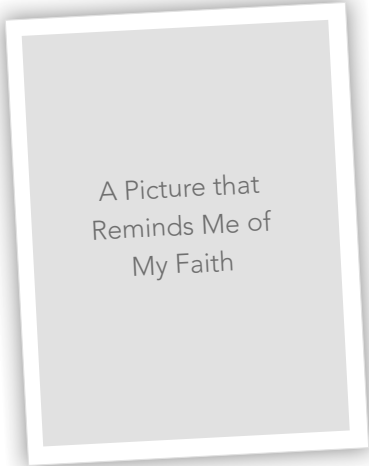
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**My Parish**

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**My Favorite Thing about My Catholic Faith**

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**My First Holy Communion Promises**

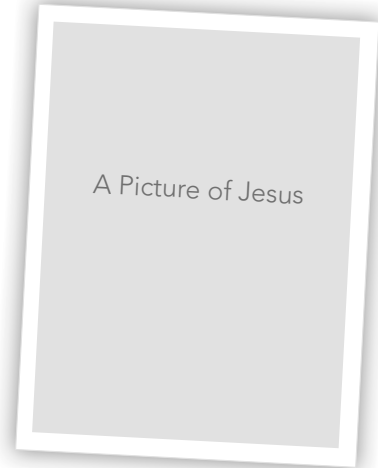
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**My Prayer to Jesus to Help Me Prepare for First Holy Communion**

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May we grow in grace  
and in knowledge of our Lord  
and Savior Jesus Christ.

Based on 2 Peter 3:18



# In the Name of the Father, and of the Son, and of the Holy Spirit



## The Sign of the Cross

In the name of the Father,  
and of the Son,  
and of the Holy Spirit.  
Amen.



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What Are We Preparing For?



## Jesus Says, “Follow Me”

**A**round the time when Jesus first began to preach, two brothers were fishing in the Sea of Galilee. Their names were Simon Peter and Andrew.

As Simon Peter and Andrew were casting their fishing nets into the sea, someone called to them:

“Follow me, and I will make you fishers of men.”

It was Jesus! They saw him walking on the shore. They dropped their nets right away and went to Jesus.

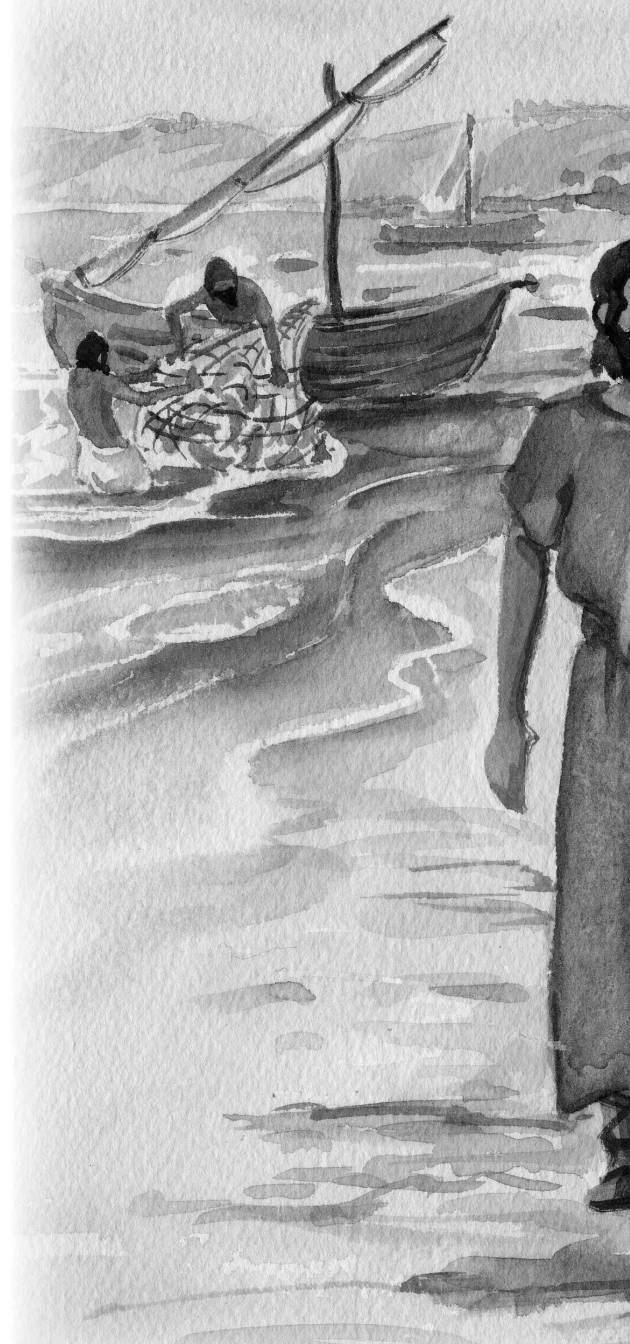
A little while later, two other brothers, named James and John, were fishing in a boat. They were with their father.

Jesus called to them too. “Follow me!” he said.

James and John left their boat and their father at once. They too followed Jesus.

These four fishermen became Apostles of Jesus.

Based on Matthew 4:18–22





## Activity

**Imagine** that Jesus called you to follow him.

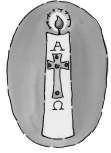
**Write** one word describing how you would feel.

**Draw** a picture of yourself following Jesus.



### With My Family

As a family, talk about a way you can show Jesus that you want to be his followers.



# Jesus Calls Us in the Sacraments

**G**od sent Jesus Christ, his Son, to share God's love with all people. When Jesus came into the world he became man, but was also God. Jesus called everyone he met to follow him. He invited people to believe in him and to love others.

The community of believers that Jesus began is the **Church**. The Church is called the Body of Christ. As members of the Church, we belong to Christ.

Jesus gave the Church the **Sacraments**. The Sacraments are signs of **grace**, or God's divine life in us, that he freely gives to us. The Sacraments bring us closer to Christ. They help us answer his call to be his followers.



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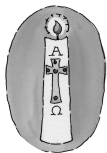
Jesus gave the Church seven Sacraments. These are the Sacraments of Baptism, Confirmation, the Eucharist, Penance and Reconciliation, Anointing of the Sick, Marriage, and Holy Orders. We celebrate the Sacraments at different times in our lives. The Sacraments of Baptism, Confirmation, and the Eucharist begin our life in the Church. These three Sacraments are known as the **Sacraments of Christian Initiation**. The word *initiation* means “beginning.”

The Sacraments of Christian Initiation are signs that we belong to Jesus’ Church. They also show that we are followers of Jesus.

## Activity

**Imagine** what your Baptism might have been like. **Draw** a picture of yourself at your Baptism.





# We Become Jesus' Disciples



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**T**o begin our lives as Jesus' disciples, we first receive the **Sacrament of Baptism**. We receive Baptism only one time.

In Baptism, the priest or deacon pours holy water over our heads, or places us into the water, three times. While he does this, he prays, "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit."

Baptism gives us new life and unites us with Jesus. It takes away all sin. This includes Original Sin, the sin of the first man and woman that is passed on to all people. In Baptism we also receive the Holy Spirit, who will help us love God, love others, and have faith in Jesus.

In the **Sacrament of Confirmation**, the bishop or priest anoints us with a holy oil, called Sacred Chrism. Chrism is a sign of the Holy Spirit, who comes to us and strengthens us in Confirmation.

Confirmation strengthens the grace we receive in Baptism. It makes our relationship with Jesus Christ and the Church even stronger. Baptism and Confirmation give us a special character that always stays with us. It makes us better able to show we are Jesus' disciples by what we say and do.

To live as Jesus' disciples every day, we are nourished by the **Sacrament of the Eucharist**, or Holy Communion. When we receive Holy Communion, we receive Jesus' Body and Blood. This is the Sacrament for which you are now preparing. The Eucharist is the Church's most important Sacrament.

## Activity



**Look** at the pictures on pages 6 and 7. **Write** the name of each Sacrament of Christian Initiation on the lines below.

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## Faith Highlights

**WHEN WE PRAY**, "In the name of the Father, and of the Son, and of the Holy Spirit," we are saying that we believe in one God who exists in three Persons: God the Father, God the Son, and God the Holy Spirit. This mystery is called the Trinity. It is at the center of our faith.



## With My Family

Talk as a family about the Baptism of each family member. Topics may include identifying the godparents and telling why they were chosen, anything memorable about the event, and why it was important to be baptized.

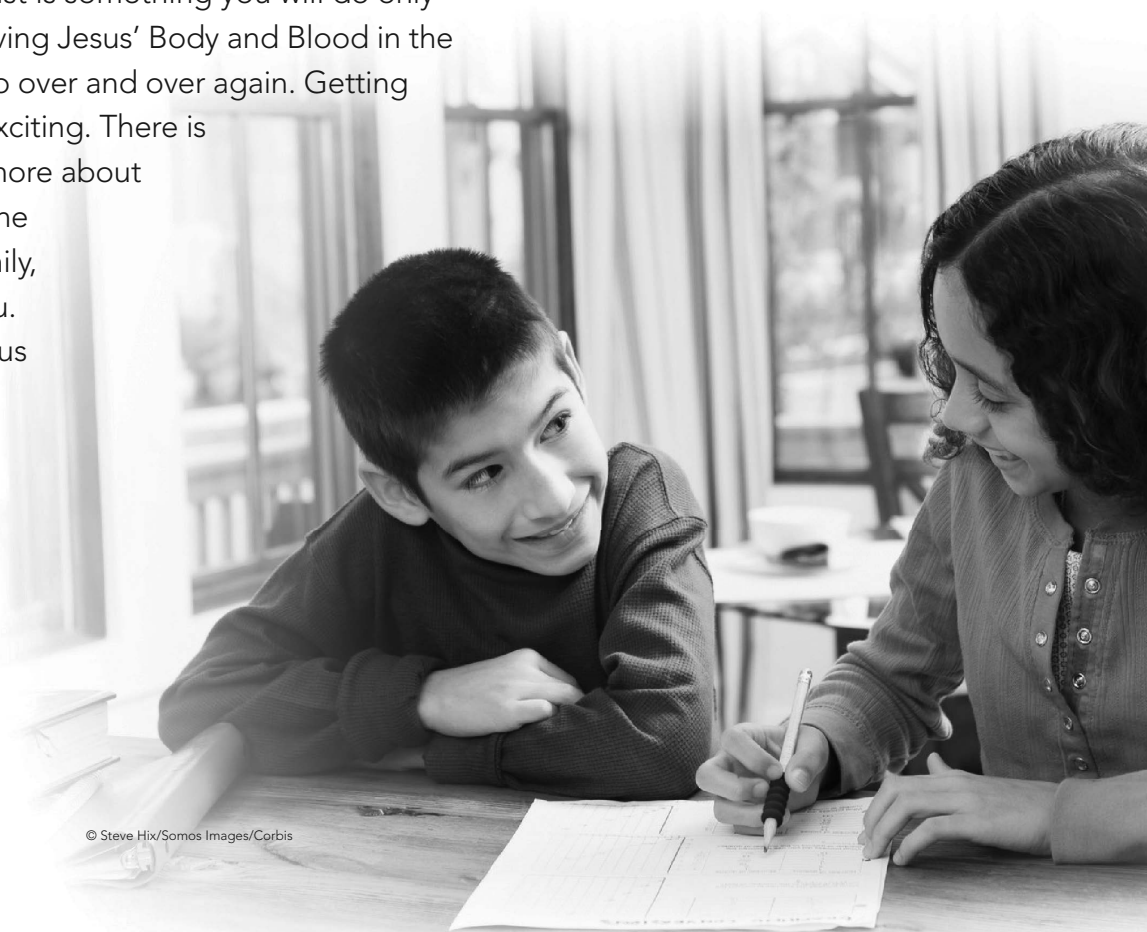




# Heart to Heart

## Preparing for First Eucharist

**P**reparing for your First Eucharist is something you will do only once in your whole life. But receiving Jesus' Body and Blood in the Eucharist is something you will do over and over again. Getting ready for First Eucharist can be exciting. There is so much to learn! You will learn more about Jesus, about the Church, about the Mass, and about prayer. Your family, teachers, and priests will help you. And while you are preparing, Jesus is calling you to follow him—just like he called Peter and Andrew, James and John. And while you are preparing, Jesus will be with you!

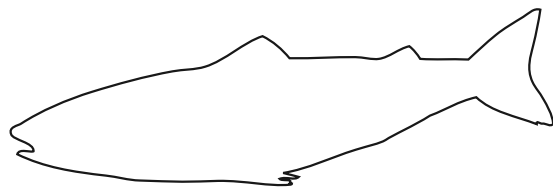


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## Activity

One day Jesus and the Apostles were out fishing. They brought in so many fish that their nets were tearing. Then Jesus said: "From now on you will stop fishing for fish. You will fish for people!" (based on Luke 5:10).

**Write** your name on the fish. Then **draw** more fish and write the names of people who are helping you prepare for your First Holy Communion. Some of the people might be a priest, your teacher or catechist, your parents, and family members.



## Saint Spotlight

### Saint Peter the Apostle

In the Scripture story on page 2, you read about a fisherman called Simon Peter. We now know Simon Peter as Saint Peter. He was one of the Twelve Apostles. The Apostles are the disciples that Jesus trusted to share his teachings and lead the Church. Jesus chose Saint Peter the Apostle to be the first Pope of the Church.



## With My Family

On a calendar in your home, mark days when you will spend time preparing for First Eucharist as a family, even if it involves something as simple as practicing a prayer.

# We Pray Together



## A Thank-You Prayer

**Leader:** God, our Father, you called us at Baptism to be your children.

**All:** We thank you, Lord.

**Leader:** You sent your Son, Jesus, to teach us how to live.

**All:** We thank you, Lord.

**Leader:** You send your Holy Spirit to help us follow Jesus.

**All:** We thank you, Lord.

**Leader:** Let us go in peace to love and serve the Lord and one another.



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# The Lord Be with You



## A Prayer of Thanks and Praise

**Leader:** God, our loving Father, we are glad to give you thanks and praise because you love us.  
With Jesus we sing your praise:

**All:** Glory to God in the highest.

**Leader:** Because you love us, you gave us this great and beautiful world.  
With Jesus we sing your praise:

**All:** Glory to God in the highest.

**Leader:** Because you love us, you sent Jesus your Son to bring us to you and to gather us around him as the children of one family.  
With Jesus we sing your praise:

**All:** Glory to God in the highest.

*(Roman Missal)*



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What Is the Eucharist?



# Jesus Feeds the Hungry

**O**ne day many thousands of people came to hear Jesus teach. They came from faraway places. They listened to Jesus all day, until it grew dark.

The disciples became worried because the crowd had no food. They knew the people were hungry. Jesus told the disciples to give them something to eat.

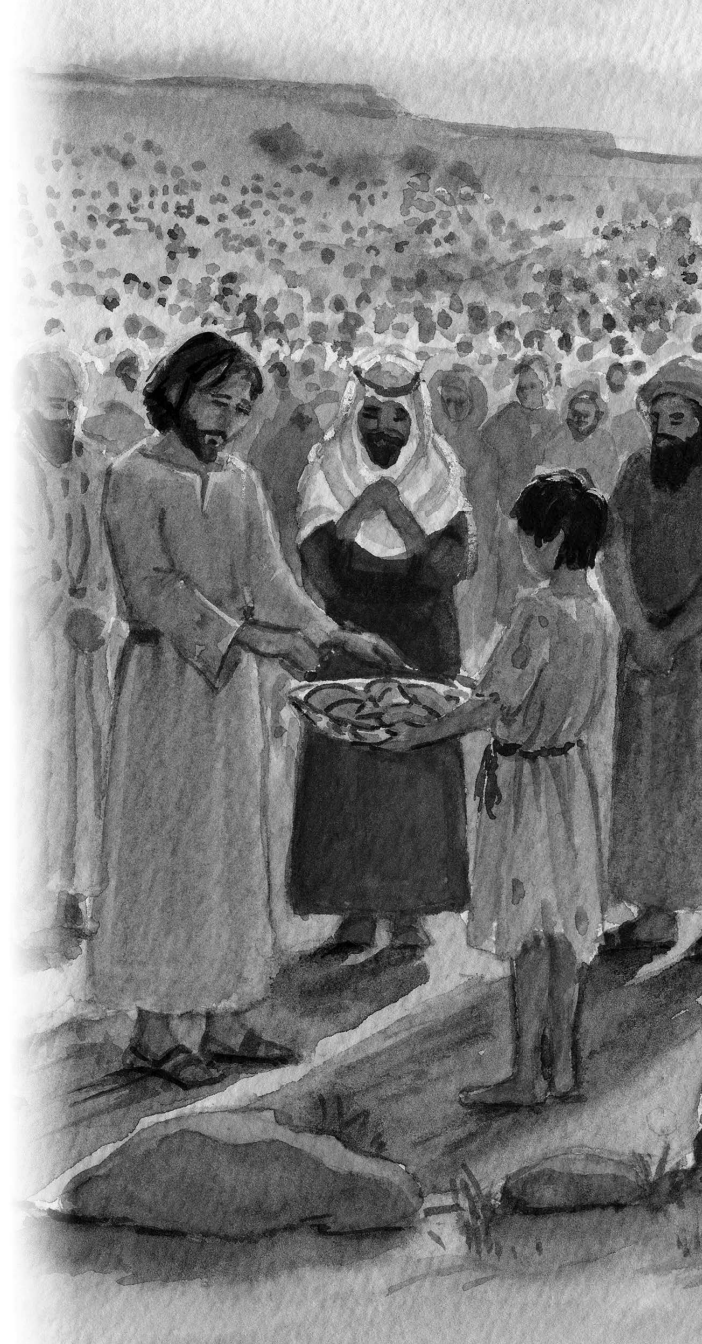
The disciples said, "All we have are five loaves of bread and two fish. That will never be enough."

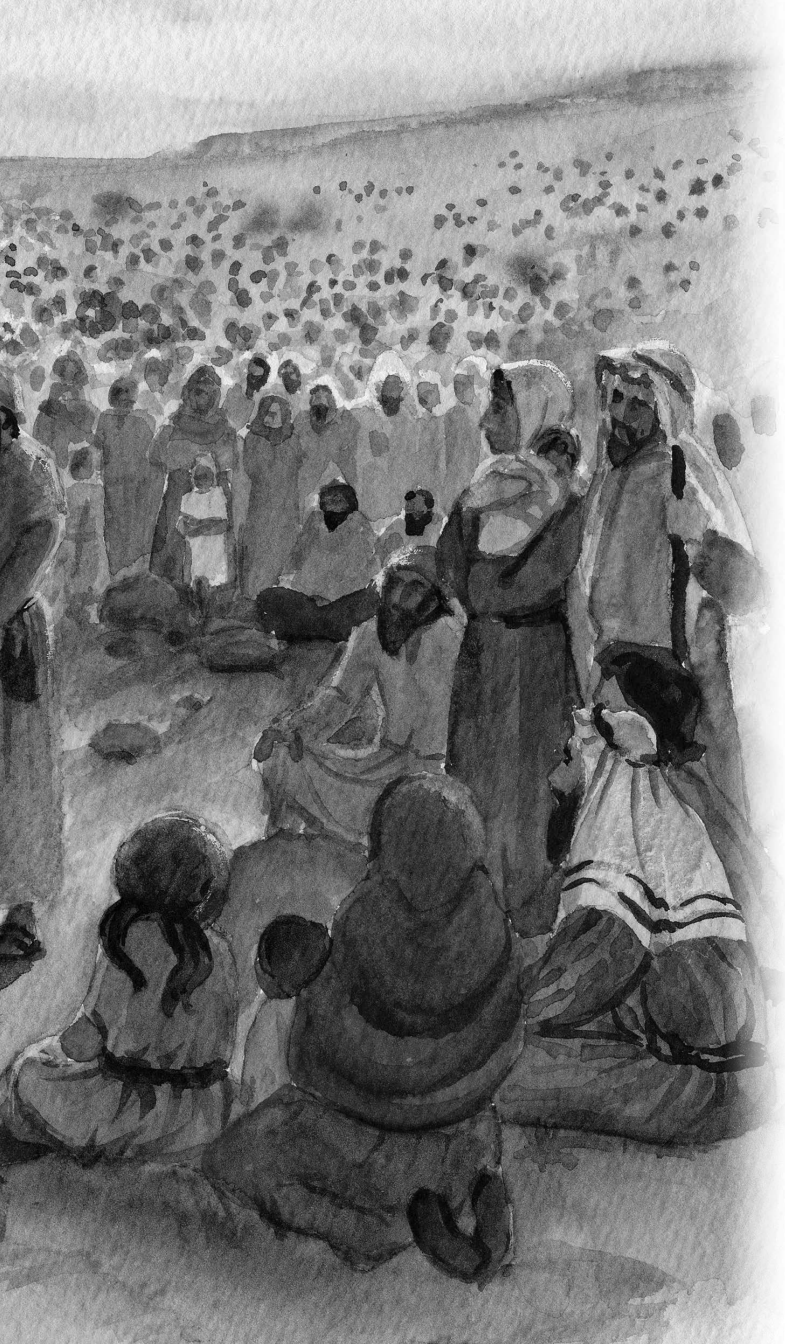
Jesus said, "Bring them here."

Jesus told the crowd to sit down. He said a blessing over the bread and the fish. He broke the bread. Then he gave the bread and the fish to the disciples to distribute to the crowd.

All five thousand people ate. No one went hungry. There were even twelve baskets of leftovers!

Based on Matthew 14:13–21





## Activity

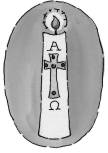
Jesus cared for the people in the crowd by making sure they had enough food to eat.

**Draw** one way Jesus cares for you and your family.



### With My Family

Do something as a family that will remind you of Jesus' actions in the Scripture story. For example, donate some bread and bottled water to a shelter or food pantry this week.



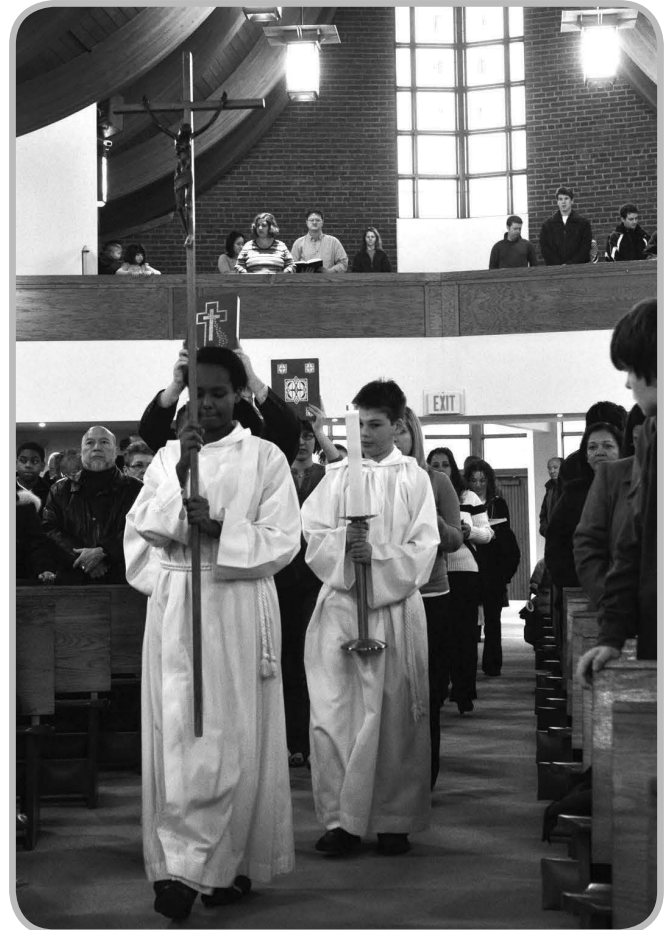
# Jesus Feeds Us in the Mass

**W**e are welcomed on Sundays to the Mass. During the Mass we gather in Church with our family and our parish. The people gathered in the Church for the Mass are called the **assembly**. As we gather, the Holy Spirit prepares us to encounter Jesus Christ.

At the beginning of the Mass, the assembly is welcomed. The priest says, "The Lord be with you," or something similar. We respond, "And with your spirit." The Holy Spirit helps us recognize that Christ is present.

The **Mass** is the celebration of the Eucharist. The word *Eucharist* means "thanksgiving." During the Mass, we pray, give thanks, and praise God. We thank him that Jesus Christ is with us. The priest leads the Mass.

At Mass, through the action of the Holy Spirit, the gifts of bread and wine become the Body and Blood of Christ. We call this **Holy Communion**, or the Eucharist.



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## Activity

When we gather in church with our family and parish, we are a part of the assembly. **Draw** a picture of your family at church.



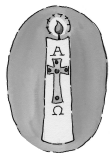
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Remember how Jesus fed the people in the Scripture story? Jesus feeds us when we receive his Body and Blood at Mass in Holy Communion. When we receive Holy Communion, we are receiving Jesus Christ himself. This is such a very special gift that the Mass is the most important celebration of the Church.

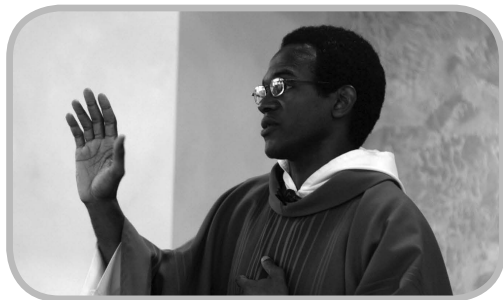
Jesus gives us the Eucharist to make us one with him and save us from sin. Because of this, the Eucharist is the center of the Church's life.







# The Mass Has Four Parts



**E**very Mass includes the following:

**Introductory Rites:** We sing a hymn. The priest and others process into the church. We make the Sign of the Cross. The priest welcomes us. We ask God to forgive us, and we praise him.



**Liturgy of the Word:** We listen to the Word of God. We stand and sing “Alleluia” before we listen to the Gospel. The priest or deacon talks to us about the Scripture stories we heard and what they mean for our lives. We pray the Creed, in which we express our Catholic beliefs. Then we pray for the needs of the Church and of people everywhere.



**Liturgy of the Eucharist:** We bring the gifts of bread and wine to the altar. We pray the Eucharistic Prayer. In this prayer we give the Father our thanks and praise for all of his gifts, especially Jesus Christ, and the priest prays over the bread and wine. The Holy Spirit changes them into the Body and Blood of Christ. We approach the altar and receive Christ’s Body and Blood in Holy Communion.

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## Concluding Rites:

We pray. The priest blesses and dismisses us, inviting us to serve God.

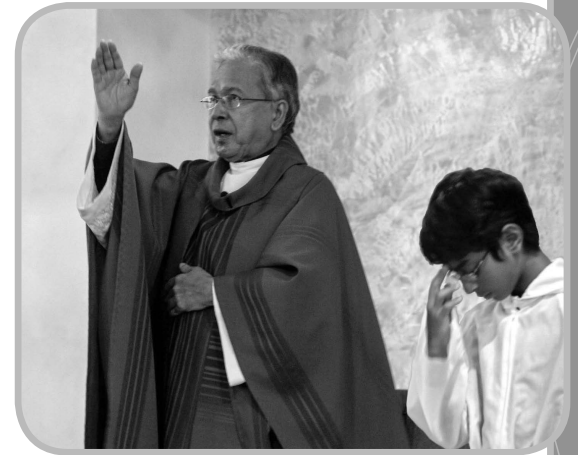
Even though it has several parts, the Mass is one act of worship. When we worship God, we honor him and show our love for him. We give him praise and thanksgiving.

## Activity



**Color** all of the letters marked with an "X" to reveal a special message.

L O F J E S U S G H  
A R X T I S N O V  
Y V U W I T H Y A B  
N J P T U S X C I M



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## Living Our Faith

Participating in the Mass, especially receiving the Eucharist, helps us to live a more Christian life. All Catholics must participate in the Mass every Sunday and on Holy Days of Obligation. This is a precept, or law, of the Church.



## With My Family

With your family share and discuss a specific prayer or action that you recall from the Mass.