

Heart Speaks to Heart: The Gift of Holy Communion

Exploring Session 2 Together



Turn to **PAGE 24** in the book. There you will see a picture of Mary presenting the baby Jesus in the Temple in Jerusalem. Take a few moments to look at the picture. What do you notice?

Opposite the picture on **PAGE 25** is the opening prayer. Pray this prayer together.

On **PAGES 26-27** there is a conversation between Grandpa and the twins. Read through their dialogue. Read the questions at the bottom of page 27 and try to answer them together. Here are some suggestions to help you with answers:

What First Holy Communion preparation have you been doing at home since last time?

Finishing off my designs for the Bible Journaling. Finding something to put in my backpack. Making entries in my Reflection Book. Doing the Treasure Hunt! Taking time to pray.

Why do you think that people go to church?

People go to church: to spend time with God; to meet Jesus; to pray; to light a candle; to find peace; to meet others who share our faith and our love for Jesus, etc.

Turn to **PAGE 28**. This page introduces the session's virtue, which is hope. Read the page together. We will think more about this virtue later in the session.

Look at **PAGES 30-31** which tell the story of Mary presenting Jesus as a baby to God. You will notice large blank spaces on these pages. These spaces are where the children can write or draw the thoughts which come to them as the story is read.

Read the story together, the children underlining (in pencil) words that stand out for them. Begin to do 'Bible Journaling' in the spaces provided. Finish off designs and add colour later.

Turn to **PAGE 32**. Read what it says about journeying in hope. In the right-hand column on this page, there are some questions. Talk together about these questions. Here are some suggestions to help you to answer them:

1. What gives you hope?

Jesus, who is always there for us; the friendship shown by a true friend; the faithful love and care of an adult, e.g. a parent, a grandparent, a teacher, etc.; a group of people you know about who work together to help the poor and the hungry, or to protect and care for our world; etc.

2. What gave Simeon and Anna hope?

Simeon and Anna placed their hope in Jesus; they saw that this child would be a light for them and all peoples and that He would bring joy and peace to all people; He would show them God's way, the way of love.

3. Can you name ONE other saint?

There are so many (just Google Catholic saints)! Here are just a few: St Teresa of Calcutta; St Francis; St Margaret Clitherow; St Martin de Porres; St Bernadette; St Joseph, etc., etc., etc.

4. What do you know about that saint?

You can find out so much about your chosen saint by Googling their name. Here are brief biographies of the first two saints mentioned as answers to question 3:

St Teresa of Calcutta: St Teresa was born in Albania in 1910. She became a nun and worked for many years among the poor and dying in Calcutta in India. She founded the Missionaries of Charity, an order of nuns who devote their lives to caring for the poor and the outcast.

St Francis of Assisi: St Francis was born in Assisi in Italy in 1182. His father was a wealthy cloth merchant. As a young man, St Francis heard God calling him to rebuild the Church and to live a life of poverty. St Francis gave away all that he had and dedicated his life to the poor and to living a simple life. St Francis is well known for his love of nature and of animals.

5. What makes that person a saint?

Think about the good qualities of the saint that you have chosen. For example:

St Teresa: St Teresa lived a life of care and service among the poorest of the poor. St Teresa was gentle and kind and showed great respect for every human being whatever their circumstances.

St Francis: St Francis let go of his desire for wealth and power and rejoiced simply to be alive and in the beauty and richness of creation. He showed great care, concern and service for the poor and for the world in which we live.

Complete the activity on **PAGE 33**. Here are some suggestions to help you to do this:

In the prayer you may like to say something about Jesus and why you are asking for this prayer to be granted, e.g. if the prayer is asking for the healing of someone, it may begin by describing Jesus (saying why you are making this request or 'petition' to Him):

*"Dear Jesus,
You came among us to heal us and to give us hope."*

The prayer would continue with the 'petition':

"Grant healing to xxx ..." or "May xxx be well again ..." etc.

The prayer may conclude:

*"I ask you this, Lord Jesus, my true hope now and always.
Amen."*

Turn to **PAGE 34**. Read this page together: it's about the main furnishings we find in a church ('God's house').

On the opposite page (**PAGE 35**) there's this session's Treasure Hunt.

- Download the Treasure Hunt sheets for Session 2.
- Fill in the boxes on the sheets by describing the Treasure Hunt objects (in words or with drawings). Googling the words on page 35 or finding them in the Glossary will help you to do this.
- Next time that you are in church, you may be able to draw or take photos of these 'treasures' in your own church.

Turn to **PAGE 36**. On this page there are suggestions for some activities to do before you start Session 3. Read through this page together and ask for help if you are not sure what to do.

On **PAGE 37** there are prayers to end this session.

Firstly, there is a time of Quiet Prayer:

- Sit quietly
- Close your eyes
- Listen to your breathing
- Quietly and slowly say a few times: ***Lord, my eyes have seen Your salvation***
- Allow a period of silence for about 2 minutes
- End the silence, perhaps by making the Sign of the Cross:
'In the name of the Father, and of the Son and of the Holy Spirit. Amen.'

To end the session, pray together as suggested in the right-hand column on page 37:

- Pray the beginning of a beautiful prayer to Mary (***Hail, Holy Queen, Mother of Mercy; Hail our life, our sweetness and our hope***)
- Allow a few moments of silence to bring your own prayers to Our Lady
- Conclude by praying together: ***Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ.***

Stick the 'Hope' sticker onto your Sticker Chart to show that you have completed this second session.