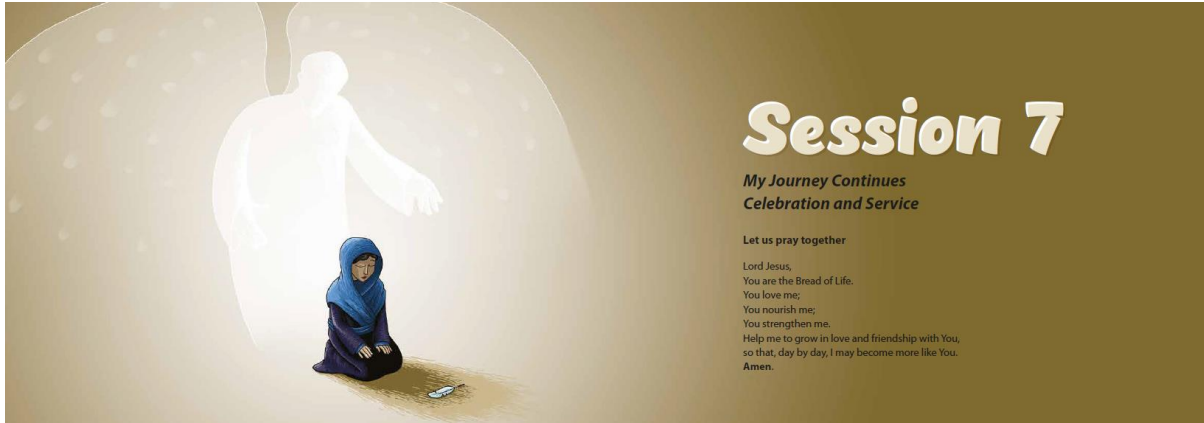


Heart Speaks to Heart: The Gift of Holy Communion

Exploring Session 7 Together



Turn to **PAGE 94** in the book. There you will see a picture of Mary and the archangel Gabriel. Take a few moments to look at the picture. What do you notice?

Opposite the picture on **PAGE 95** is the opening prayer. Pray this prayer together.

On **PAGES 96-97** there is a conversation between Grandpa and the twins. Read through their dialogue together. Read the questions at the bottom of page 97 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.

How are you getting on with practising to receive Holy Communion?

You may like to refer to the "How to Receive Holy Communion" card which you have been given and go through it to make sure that you know what to do and when to say "Amen".

What are you looking forward to as the day of First Holy Communion approaches?

A similar question was asked in Session 5 but you may like to focus on the day of First Holy Communion itself.

How will you continue to be involved with church beyond the day of your First Holy Communion?

Some suggestions are given on pages 104-105. Have a look at these pages if you are stuck for answers.

Turn to **PAGE 98**. This page introduces the session's virtue, which is reflection. Read the page together. We will think more about this virtue later in the session.

Look at **PAGES 100-101** which tell the story of the message which the archangel Gabriel brings to Mary. You will notice large blank spaces on these pages. These spaces are where you can write or draw thoughts which come to you 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 your designs and add colour later.

Turn to **PAGES 102-103**. Read what it says on page 102. You will be reading the story about two of Jesus' disciples who are travelling to a village called Emmaus. As you read the story on page 103, imagine that you are walking with them. Think about the questions on page 102 as you read through the story.

Read the story on page 103 aloud. Write or draw your answers to the questions on page 102 in the boxes provided. Here are some suggestions to help you if you are struggling to think of answers:

What do you see?

The road stretching out ahead of me. The stranger walking beside me.

What do you think is happening?

The road goes ever on, but Jesus is walking beside us. When the stranger takes, blesses and breaks bread and gives it to the disciples, He does what Jesus did at the Last Supper. Then the disciples recognise that the stranger is Jesus.

What does it make you wonder?

Why did the disciples not recognise Jesus at first? How does Jesus remain with us now that He has returned to the Father?

Turn to **PAGES 104-105**. Read these pages together. Here are some suggestions to help you to answer the questions as you come across them on these pages:

When you have received Holy Communion for the first time, what will you do next?

Come to church on Sundays and on special days. Enrol for the next Sacrament: Confirmation. Try and find out how to join a Mini Vinnies group.

What ways may you be able to help in church especially during Holy Mass?

I hope to become an altar server. I would like to help with the music. I would like to help with the Presentation of the Gifts.

How can you find out about the organisations mentioned on page 105? What could you do to help?

By Googling the organisations or groups mentioned (the Schools Singing Programme, Mini Vinnies, CAFOD, Mission Together, Catholic Care). Their websites should give information about how we can help their work.

On the next pages (**PAGES 106-107**) you will see this session's Treasure Hunt. It covers two pages this time!

- Download the Treasure Hunt sheets for Session 7.
- Fill in the boxes on the sheets by describing the Treasure Hunt objects (in words or with drawings). Googling the words on pages 106-107 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 108**. On this page there are suggestions for activities to do before the celebration of Holy Communion. Read through this page together and ask for help if you are not sure what to do.

Extra in this session:

Encourage your child to celebrate the Sacrament of Reconciliation before their First Holy Communion. Help them to prepare for this by reminding them of what happens during Reconciliation (Confession).

On **PAGE 109** 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: ***Here I am, Lord; ready to do Your will***
- 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 this final session, pray together the concluding prayer (***Lord Jesus, thank You for the gift of Yourself ...***) which you will find written out on the right-hand column of page 109.

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

After the Celebration of First Holy Communion

Look at **PAGE 111**. Fill in this page with the required information.

We hope that you've enjoyed the journey. We pray for our children as they are ready now to celebrate the Sacrament of Holy Communion for the first time.

May the Lord bless you and all your family, now and always. Amen.

Our Continuing Journey in Faith

Take time to reflect on ways in which you may continue your faith journey as a family together. As you journey towards the celebration of the sacrament of Confirmation, there are many ways in which you may show your love for God and for others (just as Jesus taught us).

Below there are a few examples of how (as children and as parents or carers) you may put your faith into action. You may:

- Continue to engage in private and family prayer
- Keep your special Prayer Place and continue to add things about your faith into your Reflection Book
- Read about Jesus and others who have lived their faith; a good way of doing this is by using resources which help you to read and reflect on the Bible, e.g. *The Wednesday Word* (www.wednesdayword.org)
- Become involved at Church during Holy Mass. Perhaps there may be an opportunity for either children or adults to:
 - present the gifts of bread and wine
 - help take the collection
 - read at Holy Mass
 - become an altar server

Ask your priest or catechist what may be possible in your own Parish

- Support and pray for members of the Church and wider community
- Join or start a Prayer Group
- Join groups to learn more about Catholicism, e.g. through courses developed by Sycamore and CaFE (your catechists may be able to tell you more about these and other local parish opportunities which help you to find out more about the Catholic faith)
- Join Catholic societies and organisations (many of our schools have a Mini Vinnies group and many of our parishes have the adult version: a Society of St Vincent de Paul group); both the Mini Vinnies and the SVP are dedicated to helping the poor and needy
- Joining a Social Action Group linked to the Church (e.g. a CAFOD group, a Justice and Peace Group, etc.)
- Care for God's creation in charitable works which care for the world (for the climate and its creatures)
- Look at your parish website or the Leeds Diocesan website (www.dioceseofleeds.org.uk) to find out about events and other activities which you may be able to join in with