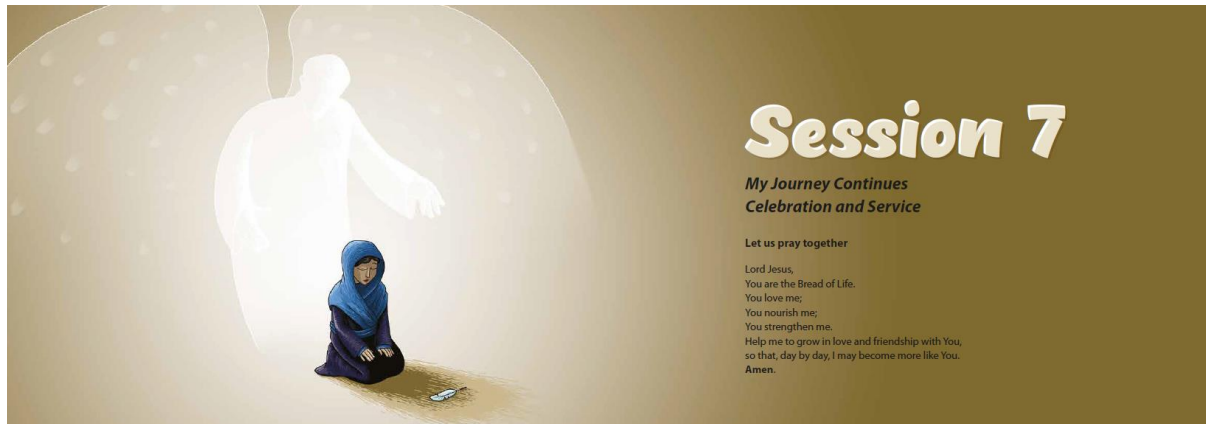


HEART SPEAKS TO HEART: THE GIFT OF HOLY COMMUNION

CATECHIST NOTES



SESSION 7

REFLECTION: My Journey Continues (pp.94-109)

Before the session begins:

- Prepare a focal point (which may this week include some symbols of the Church's year e.g. an Advent candle, a small crib, some ashes, a small Easter garden, etc. and/or some badges of organisations children may join e.g. a Mini Vinnies badge, etc.).
- Serve refreshments (when possible).
- Invite the children as they come in to place the object they have brought in their 'backpacks' near the focal point (and remind them to take their objects back at the end of the session).
- If Treasure Hunt worksheets are to be distributed during the session, have them ready to give out towards the end of the session.
- If the **Help and Guidance** handouts are to be distributed during the session, have the sheets ready for distribution at the appropriate point in the session.
- It may be a good idea to have one or two photocopies of the relevant pages of *Heart Speaks to Heart* (pages 94-109) in case some participants have forgotten their books!

Catechists should need to be ready to help participants who may be struggling with the discussion. It may help to have pictures or images available or to point participants to this week's focal point. Catechists should also be aware of families' stories, lives and struggles.

See suggested timings for each section of the session below: it is anticipated that pages 94-97 will take 10 minutes in total.

The Lead Catechist notes below are intended to be prompts for the sort of things Lead Catechists may say rather than scripts to be read out.

Welcome and Prayer

3-5 minutes

Lead Catechist:

- Welcomes everyone
- Asks participants to turn to **page 94** in their books
- Reads out the title of the session and says something like:
"In this seventh session we will be reflecting - reflecting on what we have done and on what we can do in the future. We have been preparing to be with Jesus in Holy Communion and how He will remain with us always. We will reflect on how we can remain with Him and serve Him and others once we have received Holy Communion for the first time."
- Asks everyone to join in the **prayer on page 95** ("Lord Jesus, You are the Bread of Life ..."), leads everyone in making the Sign of the Cross and then leads the prayer.

Pages 96-97 ("Preparing for the final session") **5-7 minutes**

Lead Catechist:

- Asks participants to turn to **page 96**
- Says something like:
"I hope you've had chance to read these pages and think about the questions at the bottom of page 97:
1. What First Holy Communion preparation have you been doing at home since last time? How are you getting on with practising to receive Holy Communion?
2. What are you looking forward to as the day of First Holy Communion approaches? How will you continue to be involved with church beyond that day?
Take time now to share together your responses to these questions."
- May encourage participants to read pages 96-97 again before they talk about the questions

Pages 98-99 ("Today's virtue is REFLECTION") 5 minutes

Lead Catechist:

- Asks participants to turn to **page 98**
- Says something like:
"This week we will be thinking about the virtue of Reflection. The virtues help us grow in friendship with Jesus and become the best person we can be. Let's read what it says about Reflection on page 98."
- **EITHER** asks participants to read page 98 together **OR** reads the text aloud to the whole group **OR** invites two participants to read out a paragraph each to the whole group

Pages 100-101 ("Mary ponders God's message") 10 minutes

Lead Catechist:

- Asks participants to turn to **page 100**
- Says something like:
"Let's listen now to a story from the Bible. As you listen, underline words which stand out for you on pages 100-101 and think about what they may mean. After you have listened to the story, share with each other the words and thoughts which meant something to you. Begin to write and draw your thoughts in the spaces beside the Bible passage. You can finish this off at home."
- **EITHER** reads the Bible passage of the Annunciation slowly and clearly **OR** invites participants to read the passage to one another **OR** plays the audio of the text (found under **Audios – Bible Passages > Session 7A Mary Ponders God's Message**)
- Asks participants to share and write down or draw their thoughts

Pages 102-103 ("I Wonder") 10-15 minutes

Lead Catechist:

- Asks participants to turn to **page 102**
- Reads the instructions on page 102 and reads slowly the headings in the three boxes
- **EITHER** asks participants to read slowly the story on **page 103** to one another **OR** (and this may be the preferred option) slowly reads the story on page 103 (this latter option gives participants chance to reflect and imagine that they are in the scene) **OR** plays the audio of the text (found under **Audios - Bible Passages > Session 7B The Road to Emmaus**)
- Asks participants (once they have finished listening to and reflecting on the story) to fill in the boxes (**EITHER** in words **OR** in drawings)

Participants may need to finish this off at home.

Pages 104-105 (“Taking time with Jesus and others”)
Requires at least 5 minutes

Lead Catechist:

- Asks participants to turn to **page 104**
- Says something like:
 “Read pages 104-105 together, taking it in turns to read a paragraph each and talk together about the questions as you come across them.”

Note: There may not be time to do this section during this session and catechists may advise participants to do it all or (if begun) to complete it at home.

Treasure Hunt

Lead Catechist draws participants’ attention to the Treasure Hunt on pages 106-107 and explains how this week’s Treasure Hunt may be done. This week the Treasure Hunt is more detailed and focuses on things that altar servers need to know.

Page 108 (“Things to do at home or in church”) **5 minutes**

Lead Catechist:

- Goes through the home/church activities on **page 108**
- Arranges for this week’s Treasure Hunt worksheets to be given out
- Informs participants of opportunities for Reconciliation and of any plans for a rehearsal before First Holy Communion
- Repeats details of the First Holy Communion Mass and other celebrations

Evaluation:

5 minutes

Lead Catechist:

- Asks participants to consider two questions, talk together about them and write down thoughts on post-its.
- The two questions are:
 - 1. What did you enjoy in the session? [2 minutes]**
 - 2. If we were to do the session again what could make it even better? [2 minutes]**

Page 111

Lead Catechist:

- Draws participants attention to **page 111**
- Encourages the children to fill this page in as soon as possible after they have made their First Holy Communion.
- Advises participants on the date of First Holy Communion and the name of the Parish!
- Asks participants to turn back to **page 109**

Page 109 ("Let us pray together")**5 minutes**

Lead Catechist:

- Invites participants to sit quietly and close their eyes.
- Says something like:
"I'm going to say a little phrase three or four times. Say these words silently to yourselves and continue to say them silently after I finish speaking. I will signal the end of this quiet prayer time" [perhaps by ringing a bell]
- Says aloud, "Here I am, Lord; ready to do Your will" three or four times and then allows for 2-3 minutes silence
- Gives the pre-arranged signal after 2-3 minutes silence
- Asks participants to look at the right-hand column on **page 109**
- Reads the words at the top of the column and invites everyone to pray the concluding prayer together

Thank everyone for their participation in the session and let them know you are available after the session if anyone has any questions. **Let the children know that you will be praying for them as the day of their First Holy Communion approaches.**

Finish on time!

Try and meet as a catechist & helpers team after the session to discuss how the session has gone and what could be done better in the future. Discuss plans for the celebration of First Holy Communion (and any rehearsal beforehand) and the jobs that need to be done.

Please feel free to annotate these *Catechist Notes* and use them to help your reflection for future sessions.

Below you will find some teaching, which you may like to share (or adapt and share) with parents and carers.

After Your Child Receives First Holy Communion

Page 111: Make sure your child fills in this page once they have received Holy Communion for the first time.

Something to Notice in Recent Bible Readings

On page 88 before Jesus 'multiplies' the loaves:

- Jesus **took** the loaves
- Jesus **gave thanks**
- Jesus **broke** the loaves
- Jesus **gave** the pieces of the loaves to His disciples to distribute to the crowd

On page 74 at the Last Supper:

- Jesus **took** the bread
- Jesus **blessed** it and **gave thanks** to God
- Jesus **broke** the bread
- Jesus **gave** the bread to His disciples

On page 103 during the meal at Emmaus:

- The risen Jesus **took** bread
- The risen Jesus **blessed** the bread
- The risen Jesus **broke** the bread
- The risen Jesus **gave** the bread to the two disciples

During the Liturgy of the Eucharist, the priest, acting in the person of Christ:

- **Takes** the bread and wine and offers them to God
- **Blesses** the bread and wine and **gives thanks** to God during the Eucharistic Prayer
- **Breaks** the bread which has become the Body of Christ
- **Gives** the Body and Blood of Christ to the people in Holy Communion

At Holy Mass we take part in the action of Christ whose body was broken on the cross and who gave His life for us.