

# ***BLESSED***

## ***FIRST HOLY COMMUNION***



This year we will continue to use the Blessed Sacramental Prep Program for immediate preparation for the sacrament of First Holy Communion.

The Blessed program offers families a number of options for how best to make use of the materials.

1. Each family will receive a First Holy Communion book to help them prepare for the sacrament and to deepen their relationship with God. Just like the First Reconciliation Book, this book is not a typical text book, it is much more like a story book that you would pick up and read to your child before bed.
2. Each family will have access to a number of on-line resources:
  - A. Short animated films that invite your child to take an unforgettable adventure into the story of Jesus and the life-giving truths of his Church.
  - B. Parent e-mail program which will walk with you and offer insights as you enter into this immediate formation time.
  - C. **You can access the on-line resources at**  
<https://dynamiccatholic.com/blessed>

### **Suggested options for using the Blessed program:**

1. Book
  - A. Share the book with your child. The book reads like a story book and would work well as an evening read aloud option.
  - B. Use the reflection questions provided as a way to engage your child in the materials.
2. On line videos
  - A. These videos are relatively short and will offer a different option for sharing the materials.
  - B. You can use the reflection questions with the videos as well.
3. You can use a combination of reading the stories from the book and the on-line videos.
4. You can find and read the stories mentioned in the Blessed book in a children's Bible and share them with your child at another time.

## Session One: Sunday Is Special

Check when Completed	Activities
	Sunday is Special—begin with the Sign of the Cross and then pray this prayer (page 1) with your child.
	Keep Counting Your Blessings (pages 2 and 3). Read these pages with your child or watch Episode 1 <a href="https://dynamiccatholic.com/blessed">https://dynamiccatholic.com/blessed</a> First Communion
	<p>Your Journey with God Continues (pages 4-7). Read these pages with your child or watch Episode 2</p> <p>Ask: What did Sarah discover, why does God give us great Catholic Moments like First Communion? (Because God wants us to live a rich, full happy life in this world—and live with him in heaven in eternal bliss forever).</p> <p>Explore the illustration on page 7: What do you see? What do you think John the Baptist felt when he baptized Jesus? HINT: John knew Jesus was the Savior.</p>
	First Reconciliation: read pages 8-11 with your child.
	First Communion: Begin by exploring the illustration on pages 12 and 13 with your child. As you explore, share with your child your favorite part about receiving Communion. Read pages 12-15 with your child.
	<p>Confirmation: Ask: What would the world be like if Mary said no to the mission God created her for? (We wouldn't have Jesus. No one would be saved. Mary would have been really unhappy.) Read page 16 with your child. Explore the illustration on pages 18 and 19. Read pages 18 and 19 with your child.</p> <p>*For the parent: Why is an illustration of Noah's ark placed within the context of Confirmation? God invited Noah to participate in his mission in small ways his whole life. When God saw that Noah was faithful in the small missions, God gave him something bigger to do. God kept asking Noah to do bigger and bigger things, and Noah kept saying yes. God prepared Noah for his mission his entire life. In the same way, God is preparing each child for his or her mission in life. Confirmation will be an important moment in their journey, but remind them that even now God is preparing them for their special mission in life by giving them little opportunities to say yes to him throughout the day.</p>
	Marriage: Read pages 20-21 with your child. Share memories of your wedding day with your child.

	Holy Orders: Begin by exploring the picture on pages 22 and 23 with your child. Ask: Why did Jesus choose to wash the feet of his disciples? (Jesus wanted to teach us that everyone is called to serve.) Read pages 22-23 with your child.
	Anointing of the Sick: Read pages 24-27 with your child. Ask your child to share with you the scripture story for the picture on pages 26 and 27. This scripture story can be found in Mark2:1-12.
	God Loves to Celebrate: Watch Episode 3 and or read pages 28-29 with your child. Discuss the questions found in Your Special Day on page 29 with your child.
	The First Time: Ask your child who is in the tree? (Zacchaeus) Ask your child to share the story of Zacchaeus and Jesus with you. Read pages 30 and 31 with your child.
	Feast Days: Read pages 32 and 33 with your child. Ask your child to share about their favorite saint and you do the same.  Challenge: See if you and your child (include other family members as well) can name the saints on pages 32 and 33. (St. Patrick, St Therese of Liseaux, St. Teresa of Calcutta (Mother Teresa), St. Peter, Mary (Blessed Mother, Mother of God), St. George, St. Michael the Archangel, St. Francis of Assisi, St. John Chrysostom, St. Dominic, St. John Paul II, St. Thomas Moore)
	God's Favorite Day: Read page 34 with your child.
	What Makes Sunday Special: Watch Episode 4 and or read pages 36-39 with your child. Ask: What are you most grateful for today?
	From the Bible: Creation: Watch Episode 5 and or read pages 40-43 with your child. Ask: What is one reason we go to Church on Sunday? (To say thank you for all the ways He has blessed us this week.)
	Listening to God at Mass: Watch Episode 6 and or read pages 44-45 with your child.
	Optional review pages 46 and 47.
	Journal with Jesus—complete pages 48 and 49 with your child. If you child does not like to write you can be their secretary or have you child draw a picture.
	Closing Prayer—Watch Episode 7 OR pray the closing prayer on pages 50 and 51 with your child.
	Have your child share with you one thing they learned from this session. (Hand out included for this. This handout is the only thing that needs to be returned at the completion of preparation for First Communion.

## Session Two: The Greatest Event on Earth

Check when Completed	Activities
	Greatest Even on Earth: pray this opening prayer on page 53 with your child.
	The Ultimate Prayer: Watch Episode 1 and or read pages 54-55 with your child. Ask: How many types of prayer are there? What are the types of prayer? (1. Thanksgiving, 2. Petition and intercession, 3. Praise, 4. Adoration)
	God's House: Watch Episode 2 and or read pages 56-57 with your child. Ask: Where is God's house? (The Church) Discuss that Saint Nicholas is one of God's houses.
	The Third Commandment: Watch Episode 3 and or read pages 58-59 with your child. Ask: What is one reason why it is important to go to Mass each Sunday? (To thank God for all the ways he blesses us.)
	Listening to God: Watch Episode 4 and or read pages 60-61 with your child.
	Your Mass Journal: Read pages 62-65 with your child. Ask: What is one of the reasons we go to Mass on Sunday? (To listen to God's voice.)  Share with your child your answer: What is your favorite way to listen to God's voice? (Going to Sunday Mass, sitting quietly in Church, Adoration, praying at home, reading Scripture, or some other way.) Ask your child to share with you their favorite way to listen to God's voice.
	From the Bible: Watch Episode 5 and or read pages 66-69 with your child.
	So many wonders: Watch Episode 6 and or read pages 70-71. Ask: What is the greatest event on earth? (The Mass)
	Optional review pages 72-73.
	Journal with Jesus—complete pages 74 and 75 with your child. If you child does not like to write you can be their secretary or have you child draw a picture.
	Closing Prayer—Watch Episode 7 OR pray the closing prayer on pages 76 and 77 with your child.
	Have your child share with you one thing they learned from this session. (Handout included for this. This handout is the only thing that needs to be returned at the completion of preparation for First Communion.)

### Session Three: The Word of God

Check when Completed	Activities
	The Word of God: Pray this opening prayer on page 79 with your child.
	Overview of the Mass: Watch Episode 1 and or read pages 80-83 with your child. Discuss the illustration on pages 82 and 83. Ask: The cup the priest is holding is called? (chalice) The outer garment worn by the priest is called a? (chasuble) The name of the brown table behind the priest is called the? (altar) The name of the cloth on top of the altar is called? (the altar cloth).
	The Introductory Rites: Watch Episode 2 and or read pages 84-85 with your child. Ask: What is the most amazing thing that Father Tom has ever seen? (During the Mass, the bread and wine turn into the body and blood of Jesus.
	We are Sorry: read pages 86-87 with your child.  Share with your child that the illustration on page 87 depicts the story of the woman at the well, John 4:1-42. Read this Gospel story with your child.
	Glory to God: read pages 88-89 with your child. Ask: Do you know where the first line of the Gloria comes from? (Share this hint: The answer can be found by looking at the illustration.) If your child still doesn't know share: The angel who announced to the shepherds that Jesus was born greeted the shepherds by saying, "Glory to God in the highest and on earth peace to people of good will." (Luke 2:14).
	The Liturgy of the Word: Watch Episode 3 and or read pages 90-93 with your child.
	We Believe: Watch Episode 4 and or read pages 94-97 with your child. Make sure to pray the creed found on pages 96 and 97 with your child.
	From the Bible: watch Episode 5 and or read pages 98-99 with your child.
	Wear it out: Watch Episode 6 and or read pages 100-103 with your child. Share with your child your favorite Bible story. Discuss with your child: Do you want Jesus to be one of your best friends? How about the saints?
	Optional review pages 104-105.
	Journal with Jesus—complete pages 106 and 107 with your child. If your child does not like to write you can be their secretary or have your child draw a picture.

	Closing Prayer—Watch Episode 7 OR pray the closing prayer on pages 108 and 109 with your child.
	Have your child share with you one thing they learned from this session. (Hand out included for this. This handout is the only thing that needs to be returned at the completion of preparation for First Communion.

## Session Four: The Eucharist

Check when Completed	Activities
	The Eucharist: Pray the opening prayer on page 111 with your child.
	<p>Food for the Soul: Watch Episode 1 and or read pages 112 and 113. Discuss: Sarah mentions six ways to feed your soul. What are they? (Word of God, the Eucharist, Prayer, service, Scripture, and our faith community)</p> <p>Share about the illustration: The illustration on pages 112 and 113 depicts the Israelites gathering Manna in the desert. God sent the Isratelites food from heaven so they could survive their journey through the desert. It was a daily miracle worked by a God who loves his people. Everyday at Mass all over the world, God works an even more amazing miracle for us through the Eucharist.</p>
	The Liturgy of the Eucharist: Watch Episode 2 and or read pages 114-115 with your child.
	The Offertory: Read pages 116-117 with your child. Have your child write one way they would like to ask God to help in their lives this Sunday in their book.
	The Eucharistic Prayer: Read pages 118-119 with your child. Ask: What is the most important part of the Mass? (The Eucharistic Prayer) Why? (Because this is when Jesus comes to be with us.
	The Consecration: Read pages 120-121 with your child. Ask: What scene in the Jesus story is this picture from? (Jesus' entrance into Jerusalem the week he is killed. We remember this moment every year on Palm Sunday.) Share: "As Jesus entered Jerusalem for the last time, the people laid palm branches down d shouted 'Hosanna! Blessed is the one who comes in the anme of the Lord! Blessed is the the coming of our ancestor David! Hosanna in the highest heaven!'" (Mark 11:9-10)
	Our Father: Read pages 122 and 123 with your child.
	Holy Communion: Watch Episode 3 and or read pages 124-127 with your child.
	The True Presence: Watch Episode 4 and or read pages 128-129 with your child.
	From the Bible: The Last Supper: Watch Episode 5 and or read pages 130-131 with your child.
	Jesus is in You: Watch Episode 6 and or read pages 132-133 with your child. Share: After Communion we spend time thanking God for all the ways he has blessed us. This is a very special time between you and Jesus!

	The Concluding Rites: Read pages 134-135 with your child. Ask: How can you share your blessings with others?
	Optional review pages 136-137.
	Journal with Jesus—complete pages 138 and 139 with your child. If you child deos not like to write you can be their secretary or have you child draw a picture.
	Closing Prayer—Watch Episode 7 OR pray the closing prayer on pages 140 and 141 with your child.
	Have your child share with you one thing they learned from this session. (Hand out included for this. This handout is the only thing that needs to be returned at the completion of preparation for First Communion.



## Session Five: Your First Communion

Check when Completed	Activities
	Your First Communion: Pray the opening prayer on page 142 with your child.
	This Is a Special Day: Watch Episode 1 and or read pages 144-145 with your child.
	You're Growing Up: Watch Episode 2 and or read pages 146-147 with your child.
	Preparation Matters: Watch Episode 3 and or read pages 148-151 Before reading pages 150 and 151 with your child study the illustration on pages these pages. Ask: Where is Jesus? Why is he in the desert alone?
	The Eucharist empowers us to do great things: Watch Episode 4 and or read pages 152-153 with your child. Ask your child to think about and share: What amazing thing will God do through you?
	From the Bible: The Visitation: Watch Episode 5 and or read pages 154-155 with your child.
	Your First but Not Your Last: Watch Episode 6 and or read pages 156-157 with your child. If possible share a picture of yourself on your First Communion with your child. Talk about your memories of that day.
	Optional review pages 158-159.
	Journal with Jesus—complete pages 160 and 161 with your child. If you child deos not like to write you can be their secretary or have you child draw a picture.
	Closing Prayer—Watch Episode 7 OR pray the closing prayer on pages 162 and 163 with your child.
	Have your child share with you one thing they learned from this session. (Hand out included for this. This handout is the only thing that needs to be returned at the completion of preparation for First Communion.

## Session Six: God's Family

Check when Completed	Activities
	God's Family: Pray the Opening Prayer on page 165 with your child.
	Made for Mission: Watch Episode 1 and or read pages 166-167 with your child.
	Your Parish Family: Watch Episode 2 and or read pages 168-171 with your child. Share with your child why you love your Catholic Faith and the Catholic Church.
	Go Make a Difference: Watch Episdoe 3 and or read pages 172-175 with your child. Have your child share with you how they can make a difference in the lives of those around them.
	<p>The power of prayer: Watch Episod 4 and or read pages 176-177 with your child. Ask your child to think of a good place werhe they can go to pray at home.</p> <p>Optional idea: Help your child set up their own prayer table (space)—include things like-a cloth (place mat, piece of construction paper) in the color of the liturgical season (Ordinary time: green, Advent and Lent: purple, Christmas and Easter: white, feasts of great love (Pentecost, martyrs' feast days) red), a candle, Bible and or prayer book, statues, Rosary, Holy Cards, pictures of Jesus, Mary and the saints, seasonal objects.</p>
	<p>From the Bible: I will be with you always: Watch Episode 5 and or read pages 178-181 with your child.</p> <p>Share: Listen to these word of Jesus from the last verse of the book of Matthew: "And remember, I am with you always, to the end of the age." How does it feel to know Jesus is always with you?</p> <p>Parent: Do you have a picture of your favorite image of Jesus? If so, share this with your child. Explain why this is your favorite image. Challenge your child to look for their own favorite image of Jesus. *Have your child add this image to their prayer table.</p> <p>Ask your child to share with you what is pictured on page 181! Who is in the Tabernacle?</p>
	Trusting God: Watch Episode 6 and or read pages 182-185 with your child. Pray "Jesus I trust in you." with your child.
	Optional review pages 186-187.
	Journal with Jesus—complete pages 188 and 189 with your child. If you child deos not like to write you can be their secretary or have you child draw a picture.

	Closing Prayer—Watch Episode 7 OR pray the closing prayer on pages 190 and 191 with your child.
	Have your child share with you one thing they learned from this session. (Hand out included for this. This handout is the only thing that needs to be returned at the completion of preparation for First Communion.