

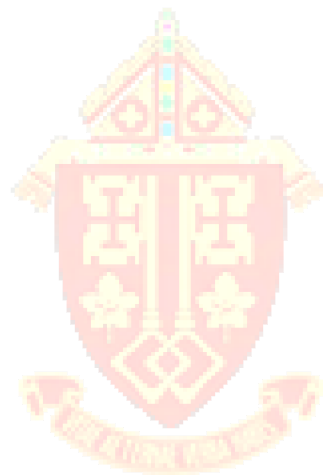


# ROMAN CATHOLIC DIOCESE OF PETERBOROUGH

## First Holy Communion

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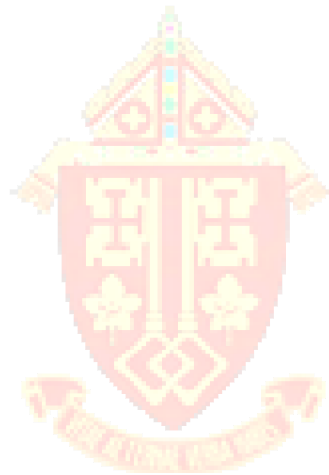


## Session 1: Preparing the way for Christ

1. The Israelites celebrated the feast of Passover in a special way remembering how God saved them.
2. Jesus offered himself as a sacrifice so that sins could be forgiven
3. The most important way we offer sacrifice to God is by going to Mass because this is where we celebrate Jesus' sacrifice for us in a very special way.



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My Jesus, I believe that You are present in the Most Holy Sacrament.

I love You above all things, and I desire to receive You into my soul.

Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart.

I embrace You as if You were already there and unite myself wholly to You.

Never permit me to be separated from You.

Amen.

St. Alphonsus Liguori

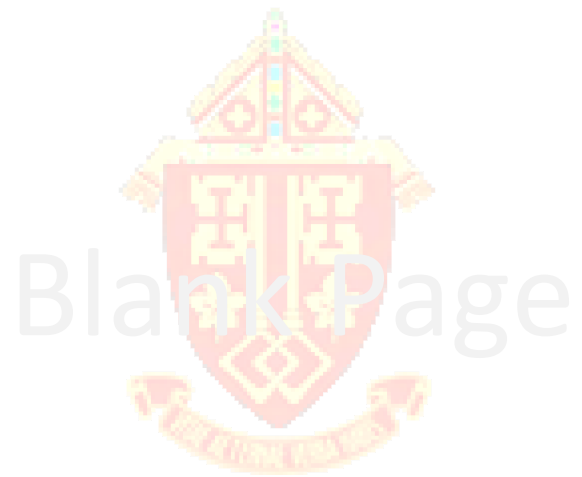


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# Review 1

## Session 1

1. **Passover** — The memorial that recalls how God saved his people from slavery and death in Egypt.
2. **Unleavened bread** — Bread that is made without yeast so that it doesn't rise.
3. **Manna** — The bread from heaven that God gave to the Israelites in the desert.
4. **Sacrifice** — Offering of something to God for the forgiveness of sin or in thanksgiving for God's great gifts. Jesus offered himself as a sacrifice so that our sins could be forgiven.

## Session 2

1. **Mass** — The name of the liturgy in which we celebrate the Sacrament of the Eucharist; the bread and wine are changed into the Body and Blood of Christ, which we receive in Holy Communion.
2. **Transubstantiation**— The change of bread and wine into the Body and Blood of Christ, which occurs when the priest says the Words of Consecration, "This is my Body," and "This is my Blood."
3. **Real Presence** — The reality that Jesus is truly present, Body, Blood, Soul, and Divinity, in the Eucharist.

## Activities:

**True or False** (if the statement is false, change the underlined words to make it a true statement)

1. **Unleavened bread** is bread that is made without yeast so that it doesn't rise
2. **Manna** is the wine from heaven that God gave to the Israelites in the desert.
3. **Real Presence** — The reality that Jesus is truly present, Body, Blood, Soul, and Divinity, in the Eucharist.

## Fill in the blanks:

1. **Passover** is the memorial that recalls how God \_\_\_\_\_ his people from slavery and death in Egypt.
2. Jesus offered himself as a \_\_\_\_\_ so that our sins could be forgiven.
3. **Transubstantiation** is the \_\_\_\_\_ of bread and wine into the Body and Blood of Christ.

## Match!

1. **Mass**

2. **Sacrifice**

3. **Transubstantiation**

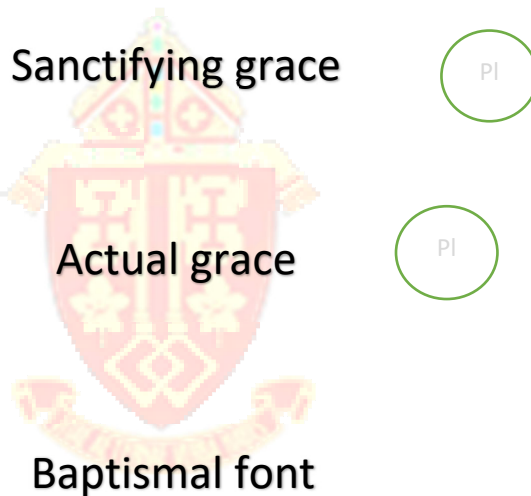
— The name of the liturgy in which we celebrate the Sacrament of the Eucharist.

— The change that occurs when the priest says the Words of Consecration, "This is my Body," and "This is my Blood."

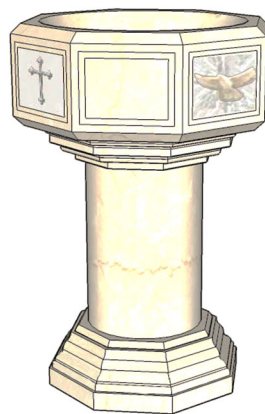
— Offering of something to God for the forgiveness of sin or in thanksgiving for God's great gifts.

### Session 3: The death and resurrection of Jesus

1. The Eucharist is the most important sacrament because it makes Jesus present to us.
2. As members of the Body of Christ we share in Jesus's Mission to bring God's love to everyone.



Quiet I spy:



The Apostles' Creed Can be found on Student guide page 118

## Review 2

### Session 3

1. **Crucified** - To put to death by nailing or tying a person to a cross as a form of punishment.
2. **Salvation** — The forgiveness of our sins and healing of our friendship with God so that we can be united with him now on earth and for all of eternity in Heaven.
3. **Actual Grace** - God's gift to help us in each moment to love God and make the right choices.
4. **Sanctifying Grace** — The gift of God's own divine life in us that makes us holy.

### Session 4

1. **Tabernacle** - An ornate box-like container where the Eucharist is reserved for prayer and adoration outside of Mass. Jesus is present in the Tabernacle, which is found in every Catholic church.
2. **The Most Blessed Sacrament** — Another name for the Eucharist, because it is the center of the life of the Church.
3. **Eucharist** — The sacrament instituted by Christ at the Last Supper, in which bread and wine are changed into his Body and Blood. From the Greek word meaning “thanksgiving.”
4. **Holy Communion** — Another name for the Sacrament of the Eucharist because it unites us with Jesus. It is the time when we receive the Body and Blood of our Lord under the appearance of bread and wine.
5. **Holy Sacrifice** — In the Liturgy of the Mass, the sacrifice of Jesus on the Cross is made present to us.

**Activities:**

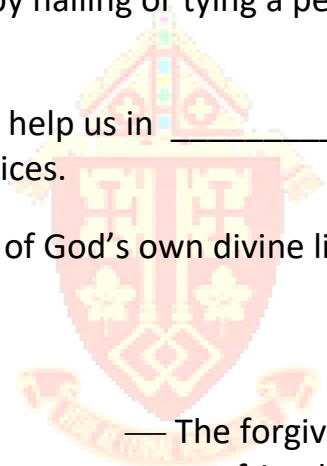
**True or False** (if the statement is false, change the underlined words to make it a true statement)

1. **Tabernacle** is an ornate box- where the bread is reserved for prayer outside of Mass.
2. **Holy Communion** is another name for the Sacrament of Confession.
3. In the Liturgy of the Mass, the sacrifice of Jesus on the Cross is made present to us.

**Fill in the blanks:**

1. **Crucified** - To put to death by nailing or tying a person to a \_\_\_\_\_ as a form of punishment.
2. **Actual Grace** is God's gift to help us in \_\_\_\_\_ \_\_\_\_\_ to love God and make the right choices.
3. **Sanctifying Grace** is the gift of God's own divine life in us that makes us \_\_\_\_\_.

**Match!**

- 
1. **Eucharist**
    - The forgiveness of our sins and healing of our friendship with God so that we can be united with him now on earth and for all of eternity in Heaven.
  2. **Holy Communion**
    - The sacrament instituted by Christ at the Last Supper, in which bread and wine are changed into his Body and Blood. From the Greek word meaning “thanksgiving.”
  3. **Salvation**
    - It is the time when we receive the Body and Blood of our Lord

## Session 5: Receiving Holy Communion

1. The Eucharist is the most special gift to us, so we do some special things to get ready to receive this gift. • Jesus is truly present in the Eucharist—Body, Blood, Soul, and Divinity. He is present in every drop of the Precious Blood and in every piece of the Host.
  
2. We should do some special things to prepare to receive the Eucharist at Mass:
  - 1) Fasting from food and drink for one hour before receiving Holy Communion.
  - 2) Going to Confession if we have committed a mortal sin so we can receive Jesus in the state of grace.
  - 3) We must always show proper reverence when receiving Christ.

## Preparing to Receive<sup>1</sup>

Receiving Jesus in the Eucharist is the most important and special thing we can do as Catholics! Read the statements below about preparing to receive Holy Communion.

**Put a “T” by the true statements and an “F” by the false statements. IF this is done as a game and orally. Thumbs up is True and Thumbs down is False**

1. \_\_\_\_ The Eucharist fills our souls with grace so we can love God and others more.
2. \_\_\_\_ If I have committed a mortal sin, I need to go to Confession before I receive the Eucharist.
3. \_\_\_\_ We don't need to go to Mass every Sunday, especially if we have important things to do.
4. \_\_\_\_ I should fast from food and drink for one hour before Communion, except for water or medicine.
5. \_\_\_\_ I should only receive Communion in the hand, never on the tongue.
6. \_\_\_\_ Jesus is fully present—Body, Blood, Soul, and Divinity—in every drop of the precious Blood and in every piece of the Host.
7. \_\_\_\_ All of my venial sins are washed away when I receive Holy Communion.
8. \_\_\_\_ The Eucharist unites us with Jesus but not really with the Church.

\*

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<sup>1</sup> Source: Student activity book session 5

# Receiving Holy Communion



## Fill in the blanks

Word bank:

<i>Eucharist</i>	<i>every</i>	<i>Fasting</i>	<i>grace</i>	<i>truly</i>
	<i>every</i>	<i>reverence</i>	<i>one</i>	<i>mortal</i>

- A. Jesus is \_\_\_\_\_ present in the \_\_\_\_\_—Body, Blood, Soul, and Divinity.
- B. He is present in \_\_\_\_\_ drop of the Precious Blood and in \_\_\_\_\_ piece of the Host.
- C. We should do some special things to prepare to receive the Eucharist at Mass:
1. \_\_\_\_\_ from food and drink for \_\_\_\_\_ hour before receiving Holy Communion.
  2. Going to Confession if we have committed a \_\_\_\_\_ sin so we can receive Jesus in the state of \_\_\_\_\_
  3. We must always show proper \_\_\_\_\_ when receiving Christ.

## Match!

State of grace -	We worship Jesus, who is present in the Blessed Sacrament
Mortal sin-	A serious sin that separates us from God and results in the loss of Sanctifying Grace.
Reverence-	The rule that we must not eat or drink anything (except for water or medicine) for at least one hour before receiving Holy Communion
Eucharistic fast-	To show respect, especially for things that are holy.
Adoration -	The state of having God's divine life within us

## Review 3

### Session 5

1. **State of Grace** — The state of having God's divine life within us.
2. **Reverence** — To show respect, especially for things that are holy.
3. **Mortal Sin** — A serious sin that separates us from God and results in the loss of Sanctifying Grace.
4. **Eucharistic Fast** — The rule that we must not eat or drink anything (except for water or medicine) for at least one hour before receiving Holy Communion.
5. **Consecrated** - The bread and wine that has been changed into the Body and Blood of Jesus.

### Session 6

1. **Liturgy** — The word and actions that we use when we worship God and celebrate the Sacraments.
2. **Liturgy of the Mass** — The celebration in which we come together to worship as a church, which is the Body of Christ. The Liturgy of the Mass is comprised of the Liturgy of the Word and the Liturgy of the Eucharist.
3. **Lord's Day** — Another name for Sunday, because the Lord rose from the dead on a Sunday. We must always go to Mass on Sundays unless there is a serious reason.
4. **Holy Days of Obligation** — Feast days that celebrate special events in the lives of Jesus, Mary, and the saints, on which Catholics are required to attend Mass on these special days.

## Activities:

**True or False** (if the statement is false, change the underlined words to make it a true statement)

1. **State of Grace** is the state of having our parents' divine life within us.
2. **Mortal Sin** is a serious sin that separates us from God.
3. In the Liturgy of the Mass, the sacrifice of Jesus on the Cross is made present to us.

## Fill in the blanks:

4. **Eucharistic Fast** — The rule that we must \_\_\_\_\_ eat or drink \_\_\_\_\_ (except for water or medicine) for at least one \_\_\_\_\_ before receiving Holy Communion.
5. **Lord's Day** is another name for \_\_\_\_\_, because that is when the Lord rose from the dead.
6. **Consecrated** host is the bread that has been \_\_\_\_\_ into the Body and Blood of Jesus.
7. **Reverence** — To show respect, especially for things that are holy.

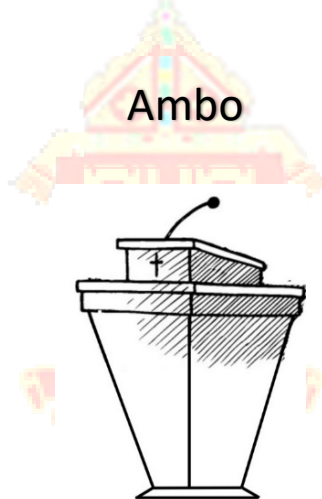
## Match!

- |                            |   |
|----------------------------|---|
| 1. Lord's day              | — Feast days that celebrate special events in the lives of Jesus, Mary, and the saints, on which Catholics are required to attend Mass on these special days. |
| 2. Liturgy                 | — The word and actions that we use when we worship God and celebrate the Sacraments.  |
| 3. Holy Days of Obligation | — The day Jesus rose from the dead and we must always go to Mass unless there is a serious reason.  |

## Session 7: The Liturgy of the Word

1. God prepares us to receive Holy Communion by speaking to us in his Word.
2. The Mass is one act of worship with two parts:
  - 1) The Liturgy of the Word
  - 2) The Liturgy of the Eucharist.

**Quiet I spy:**



Liturgy of the Word Hopscotch game

- |                       |                            |
|-----------------------|----------------------------|
| 1. Introductory rites | 5. Gospel                  |
| 2. First reading      | 6. Homily                  |
| 3. Responsorial Psalm | 7. Creed                   |
| 4. Second reading     | 8. Prayers of the Faithful |

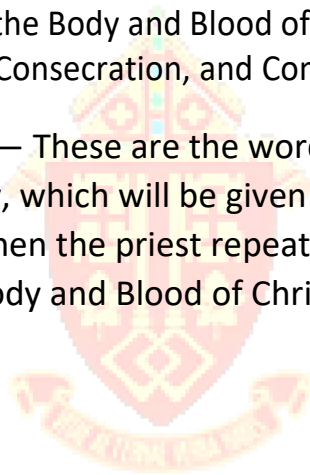
## Review 4

### Session 7

1. **Liturgy of the Word** — The first part of the Mass where we hear the Word of God in the readings from Scripture. It includes the First Reading, the Responsorial Psalm, the Second Reading, the Gospel, the homily, the Creed, and the Prayer of the Faithful.

### Session 8

1. **Liturgy of the Eucharist** — The second part of the Mass in which the bread and wine become the Body and Blood of Christ. It includes the presentation of the gifts, Consecration, and Communion.
2. **Words of Consecration** — These are the words Jesus spoke at the Last Supper: “This is my body, which will be given up for you” and “This is the chalice of my blood.” When the priest repeats these words at Mass, the bread and wine become the Body and Blood of Christ.



**Activities:**

**True or False** (if the statement is false, change the underlined words to make it a true statement)

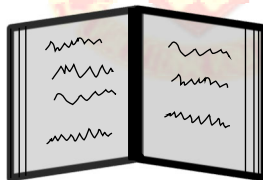
1. **The Liturgy of the Word** is the first part of the Mass where we hear the Word of God from Scripture
2. **Liturgy of the Eucharist** — The first part of the Mass in which the bread and wine become the Body and Blood of Christ.
3. When the priest repeats the words of consecration at Mass, the bread and wine become the Body and Blood of Christ.
- 4.

**Fill in the blanks:**

1. **The Liturgy of the Word** includes the \_\_\_\_\_ Reading, the Responsorial \_\_\_\_\_, the \_\_\_\_\_ Reading, the \_\_\_\_\_, the \_\_\_\_\_, the \_\_\_\_\_, and the \_\_\_\_\_ of the Faithful.
2. These are the words Jesus spoke at the Last Supper: “This is my \_\_\_\_\_, which will be given up for you” and “This is the chalice of \_\_\_\_\_ blood.”

**Match!**

- Gospel-
- Communion -
- Homily-
- Second reading-
- Creed-



- 1. **Liturgy of the Word**
- 2. **Liturgy of the Eucharist**

- First Reading
- Presentation of the gifts
- Consecration.
- Responsorial Psalm
- Prayer of the Faithful

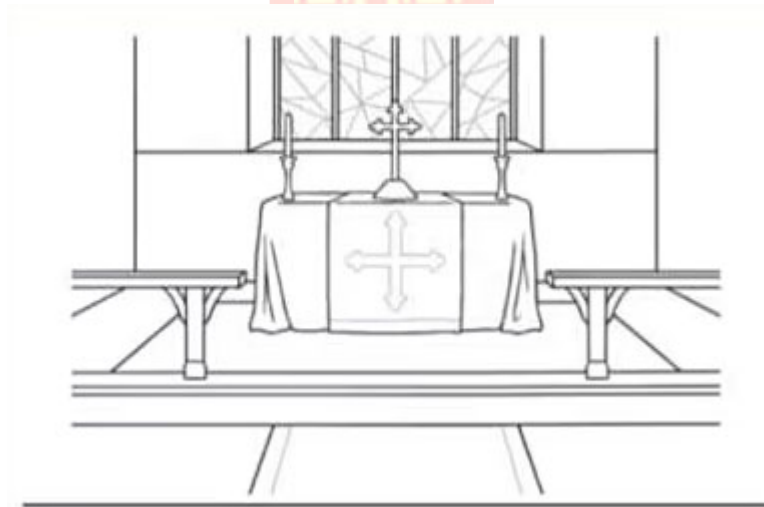


## Session 8: The Liturgy of the Eucharist

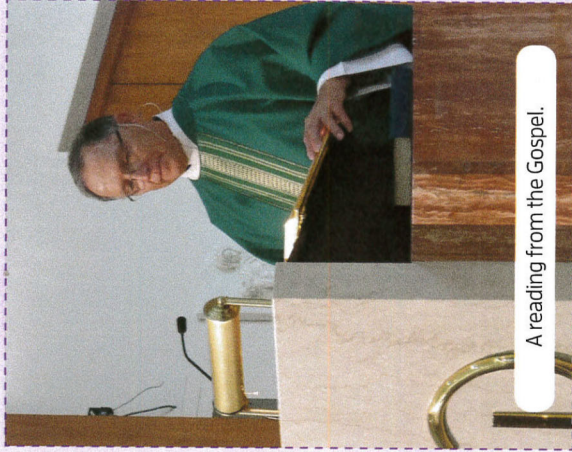
1. In the Mass we meet Jesus in a very special way.
2. The second part of the Mass is called the Liturgy of the Eucharist, in which Jesus becomes present to us, Body, Blood, Soul, and Divinity.
3. Jesus's sacrifice on the Cross is made present to us, and we also offer our lives as a living sacrifice to God.
4. When we receive Holy Communion, we are united with Jesus in a very special way.

**Quiet I spy:**

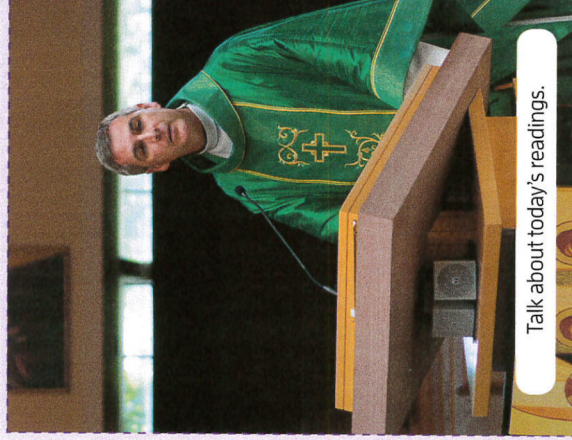
Altar



Cut these out and have children put it in order



A reading from the Gospel.



Talk about today's readings.



Entering the church.



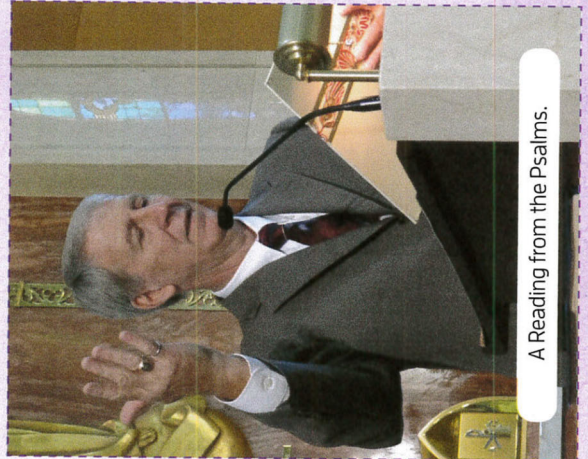
Reading from the Old Testament.



We believe...



Prayers for our community...

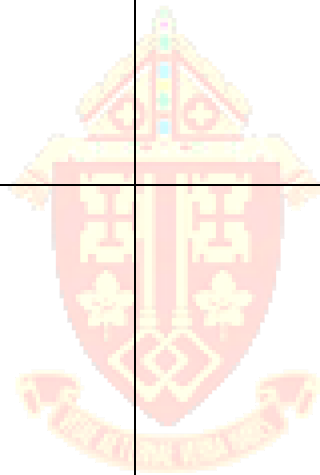


A Reading from the Psalms.

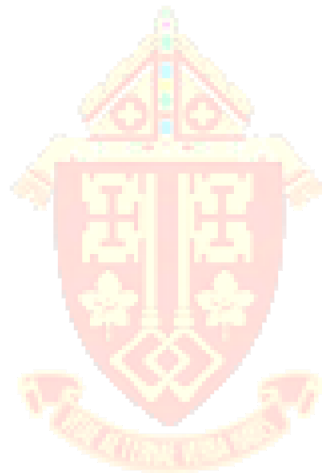


Reading from the Letters.

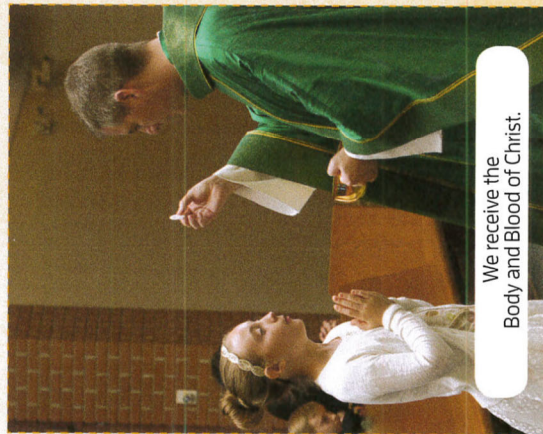
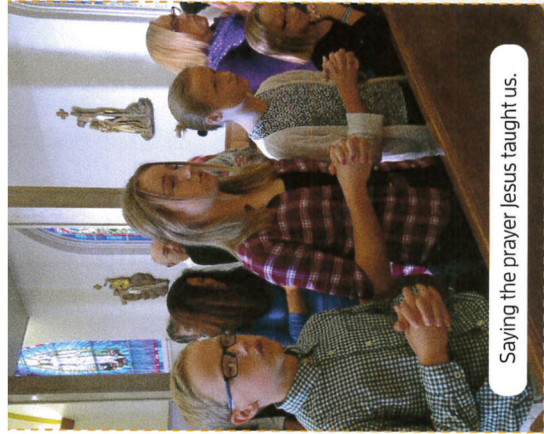


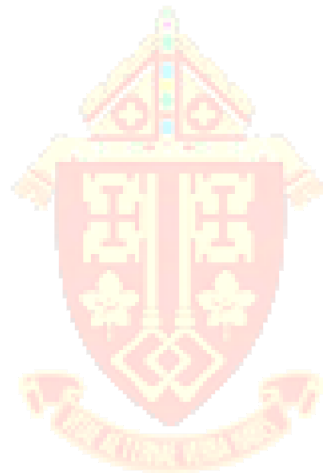
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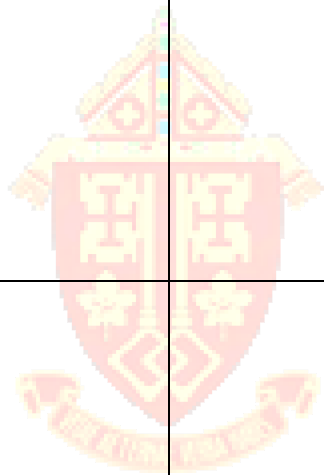


Cut these out and put it in order

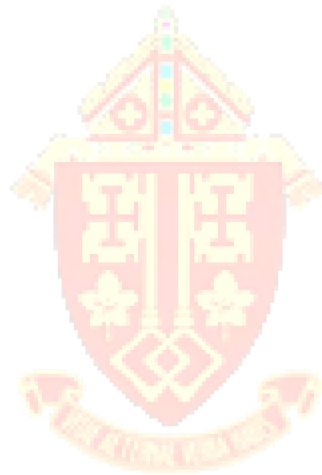


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## Flash card Collection

**Passover**

**Unleavened bread**

**Manna**

**Sacrifice**

**Transubstantiation**

**Real Presence**

**Mass**

**Salvation**

**Actual grace**

**Sanctifying grace**

**Crucified**

**Tabernacle**

**Eucharist**

**The Most Blessed  
Sacrament**

**Holy  
Communion**

**Holy Sacrifice**

**State of grace**

**Reverence**

**Eucharistic Fast**

**Mortal sin**

**Consecrated**

**Liturgy**

**Liturgy of the Mass**

**Lord's Day**

**Holy Days of  
obligation**

**Liturgy of the  
Word**

**Liturgy of the  
Eucharist**

**Words of  
Consecration**

**Offering of something to God for the forgiveness of sin or in thanksgiving for God's great gifts.  
Jesus offered himself as a sacrifice so that our sins could be forgiven.**

**The memorial that recalls how God saved his people from slavery and death in Egypt.**

**The liturgy in which we celebrate the Sacrament of the Eucharist.**

**Bread that is made without yeast so that it doesn't rise.**

**The change of bread and wine into the Body and Blood of Christ, which occurs when the priest says the Words of Consecration, "This is my Body," and "This is my Blood."**

**The bread from heaven that God gave to the Israelites in the desert**

**God's gift to help us in each moment to love God and make the right choices.**

**The reality that Jesus is truly present, Body, Blood, Soul, and Divinity, in the Eucharist.**

**The gift of God's own divine life in us that makes us holy.**

**To put to death by nailing or tying a person to a cross as a form of punishment**

**An ornate box-like container where the Eucharist is reserved for prayer and adoration outside of Mass. Jesus is present in the Tabernacle.**

**The forgiveness of our sins and healing of our friendship with God so that we can be with him in Heaven.**

**In the Liturgy of the Mass, the sacrifice of Jesus on the Cross is made present to us.**

**Another name for the Eucharist, because it is the center of the life of the Church.**

**The state of having God's divine life of grace within us.**

**The sacrament instituted by Christ at the Last Supper, in which bread and wine are changed into his Body and Blood.**

**To show respect, especially for things that are holy**

**Another name for the Sacrament of the Eucharist because it unites us with Jesus. It is the time when we receive the Body and Blood of our Lord.**

**The words and actions that we use when we worship God and celebrate the Sacraments**

**A serious sin that separates us from God and results in the loss of Sanctifying Grace.**

**The Liturgy, which is comprised of the Liturgy of the Word and the Liturgy of the Eucharist.**

**The rule that we must not eat or drink anything (except for water or medicine) for at least one hour before receiving Holy Communion.**

**Another name for Sunday, because the Lord rose from the dead on a Sunday. We must always go to Mass on Sundays unless there is a serious reason.**

**The bread and wine that has been changed into the Body and Blood of Jesus**

**“This is my body, which will be given up for you” and “This is the chalice of my blood.”**

**When the priest repeats these words at Mass, the bread and wine become the Body and Blood of Christ.**

**Feast days that celebrate special events Catholics are required to attend Mass on these special days.**

**The readings from the Scripture and their explanation.**

**The second part of the Mass in which the bread and wine become the Body and Blood of Christ.**

**It includes the presentation of the gifts, Consecration, and Communion.**

## Retreat and Rehearsal Day

Date of retreat: \_\_\_\_\_

From \_\_\_\_\_ to \_\_\_\_\_

At: \_\_\_\_\_

### Schedule

Connect activity: "Quiet I spy" Student guide pp129-131

1. Confessions
2. Prayer/ singing
3. Review Activities
4. Practice how to receive Holy Communion
5. Adoration
6. Games



## Retreat Review Activities:

### True or False

*(if the statement is false, change the underlined words to make it a true statement)*

1. **Unleavened bread** is bread that is made with yeast so that it doesn't rise
2. **Manna** is the wine from heaven that God gave to the Israelites in the desert.
3. **Real Presence** — The reality that Jesus is truly present, Body, Blood, Soul, and Divinity, in the Eucharist.
4. **Tabernacle** is an ornate box- where the bread is reserved for prayer outside of Mass.
5. **Holy Communion** is another name for the Sacrament of Confession.
6. In the Liturgy of the Mass, the sacrifice of Jesus on the Cross is made present to us.
7. **State of Grace** is the state of having our parents' divine life within us.
8. **Mortal Sin** is a serious sin that separates us from God.
9. **The Liturgy of the Word** is the first part of the Mass where we hear the Word of God from Scripture
10. **Liturgy of the Eucharist** — The first part of the Mass in which the bread and wine become the Body and Blood of Christ.
11. When the priest repeats the words of consecration at Mass, the bread and wine become the Body and Blood of Christ.

## Fill in the blanks:

1. **Passover** is the memorial that recalls how God \_\_\_\_\_ his people from slavery and death in Egypt.
2. Jesus offered himself as a \_\_\_\_\_ so that our sins could be forgiven.
3. **Transubstantiation** is the \_\_\_\_\_ of bread and wine into the Body and Blood of Christ.
4. **Crucified** - To put to death by nailing or tying a person to a \_\_\_\_\_ as a form of punishment.
5. **Actual Grace** is God's gift to help us in \_\_\_\_\_ to love God and make the right choices.
6. **Sanctifying Grace** is the gift of God's own divine life in us that makes us \_\_\_\_\_.
7. **Eucharistic Fast** — The rule that we must \_\_\_\_\_ eat or drink \_\_\_\_\_ (except for water or medicine) for at least one \_\_\_\_\_ before receiving Holy Communion.
8. **Lord's Day** is another name for \_\_\_\_\_, because that is when the Lord rose from the dead.
9. **Consecrated** host is the bread that has been \_\_\_\_\_ into the Body and Blood of Jesus.
10. **Reverence** is to show \_\_\_\_\_, especially for things that are holy.
11. **The Liturgy of the Word** includes the \_\_\_\_\_ Reading, the Responsorial \_\_\_\_\_, the \_\_\_\_\_ Reading, the \_\_\_\_\_, the \_\_\_\_\_, the \_\_\_\_\_, and the \_\_\_\_\_ of the Faithful.
12. These are the words Jesus spoke at the Last Supper: "This is my \_\_\_\_\_, which will be given up for you" and "This is the chalice of \_\_\_\_\_ blood."

### Word bank:

my	saved	sacrifice	Gospel	change	holy	cross	Homily
each	moment	hour	not	anything	Sunday	changed	
respect	first	Psalm	Second	Creed	Prayer	body	

## Match!

1. **Mass**
  - The name of the liturgy in which we celebrate the Sacrament of the Eucharist.
2. **Sacrifice**
  - The change that occurs when the priest says the Words of Consecration, “This is my Body,” and “This is my Blood.”
3. **Transubstantiation**
  - Offering of something to God for the forgiveness of sin or in thanksgiving for God’s great gifts.
4. **Eucharist**
  - The forgiveness of our sins and healing of our friendship with God so that we can be united with him now on earth and for all of eternity in Heaven.
5. **Salvation**
  - It is the time when we receive the Body and Blood of our Lord
6. **Lord’s day**
  - The sacrament instituted by Christ at the Last Supper, in which bread and wine are changed into his Body and Blood.
7. **Liturgy**
  - From the Greek word meaning “thanksgiving.”
8. **Holy Days of Obligation**
  - Feast days that celebrate special events in the lives of Jesus, Mary, and the saints, on which Catholics are required to attend Mass on these special days.
9. **Holy Communion**
  - The word and actions that we use when we worship God and celebrate the Sacraments.
  - The day Jesus rose from the dead and we must always go to Mass unless there is a serious reason.

# Pange Lingua

(Music sheet in Teacher guide 253)

**On the night of that Last Supper  
Seated with his chosen band  
He, the paschal victim eating  
first fulfills the law's command;  
then as food to all his brethren  
gives himself with his own hand.**

**Christ , the Word made flesh, by speaking  
earthly bread to Flesh he turns  
wine becomes his Blood so precious  
unconceived in human terms!  
Hearts sincere perceive this marvel;  
faith its lessons quickly learns**

**Down in adoration falling  
this great sacrament we hail;  
over ancient forms of worship  
newer rites of grace prevail;  
faith tells us that Christ is present  
when our human senses fail.**

**To the everlasting Father  
and the Son who made us free,  
and the Spirit, God proceeding,  
From them each eternally,  
Be salvation, honor, blessing,  
might and endless majesty.**

