



The Sacraments of
Reconciliation and
First Holy
Communion

Let's start with a prayer

Year 3 will take another step along their Faith Journey, by receiving the Sacraments of Reconciliation and Holy Communion, a chance to ask for forgiveness, receive the Eucharist for the first time and fully take part in the whole Mass.

Preparing the Year 3 children to receive the Sacraments is the joint responsibility of the teachers, Fr. Gwill and parents and carers. Although the children are prepared in Year 3, we build on the knowledge and understanding gained in the earlier years as well as the child's faith from home.

The preparation will begin this term and the next year through R.E lessons, prayer services and class Masses..

During RE lessons the children will focus on the sacraments they have already received and gain a deeper understanding of the sacrament of the Eucharist and how it allows them to become closer to Jesus.

Going to Mass and Prayer

Listening to God

When you get to church each Sunday it is good to take a few minutes to get quiet before Mass begins. This helps us to hear what God wants to say to us.

God speaks to us in so many ways.

God speaks to us through the Bible. He speaks to us through the Church. He speaks to us in our hearts. He speaks to us through other people and through situations. And he speaks to our hearts in a special way at Mass.

Learning to listen to God's voice is one of the most important lessons we can learn in life. But learning to hear his voice clearly takes a lot of practice. One great way to practice is at Mass on Sunday. In some ways, we come to Mass on Sunday to get our instructions for the week from God.

You probably won't hear an actual voice when God speaks to you. He might speak to you through one of the readings, or through the music or homily, or he may just speak to you in the quiet of your heart.

God might say, "I want you to practice being more patient with your little brother this week." He might say, "I want you to listen to your parents and do what they ask you to do without hesitation." Or he might say, "I want you to enjoy nature while you are on your vacation this week."

God has a special message for us every week. That's why it's important to go to Mass every Sunday. Without God's instructions and directions, we get lost.

Every Sunday at church God has something he wants to tell you. It's unique every week. That's why he invites you to come to Mass every Sunday, so you can hear the special thing he wants to say to you.

Last time you were at church, what did God say to you? Do you remember? Were you listening?



God speaks to us through the Bible, through church and through Mass. One way to practice listening and speaking to God is to go to Mass. We go to Mass each Sunday so we can hear the special messages God is giving to us.

Thursday 5th December at 1pm is our
Sacrament of Reconciliation

Vocabulary we discuss:

First Confession

Choices

Repent

Follow the right path

Private

Sins

Absolution

Relief - joy- happiness



Role plays-at school and church

We don't want children to worry about receiving the Sacrament and therefore will role play the Sacrament in class and discuss our feelings.

- Children are prepared so that they are not worried or anxious
- Children will role play the confession in class
- Children know that it is a celebration of their feelings and a chance to speak to God

Act of Contrition/

Sorry Prayer – Year 3

O my God

Because you are so good

I am sorry for my sins

And with the help of your grace

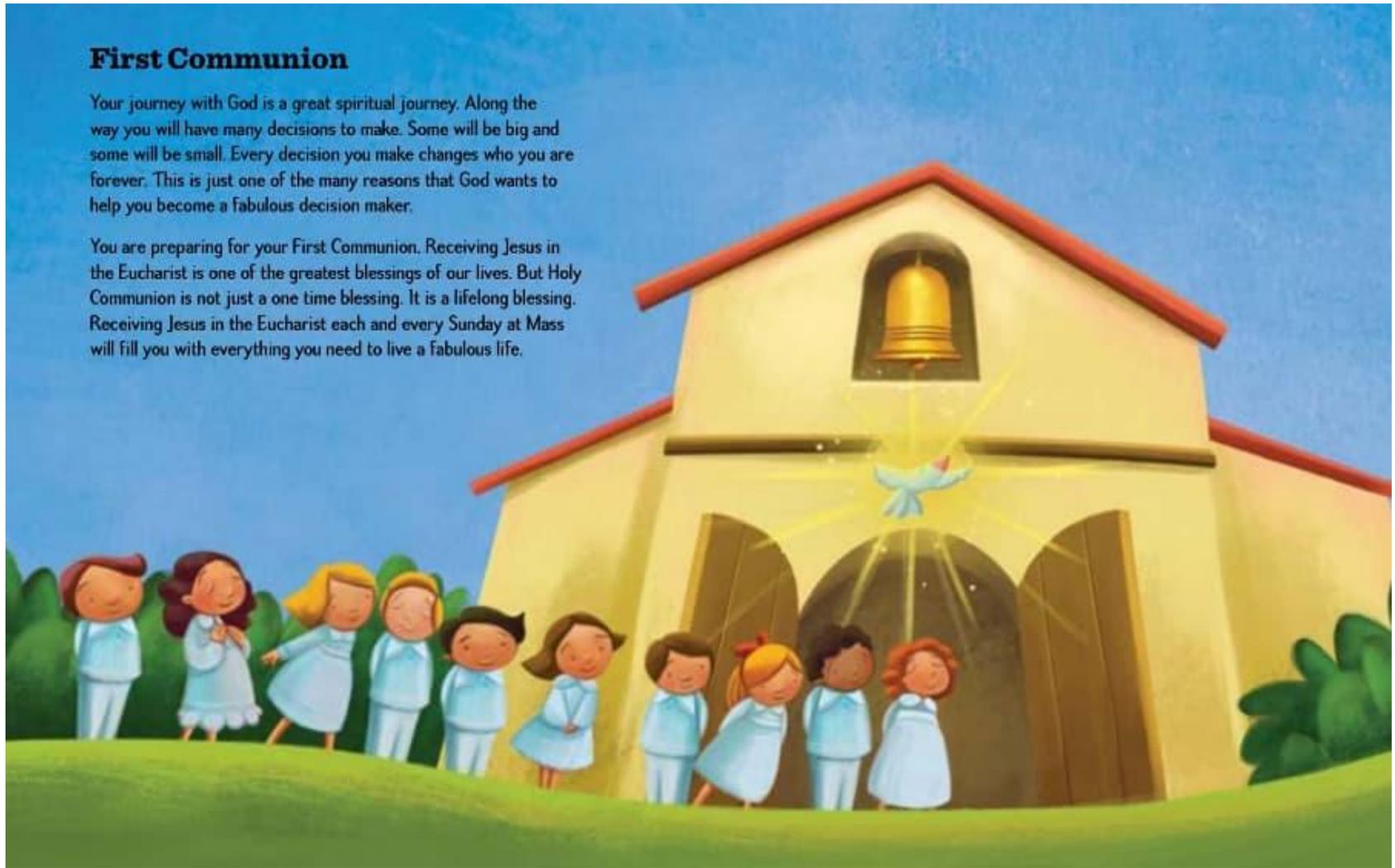
I will not sin again

Amen

First Communion

Your journey with God is a great spiritual journey. Along the way you will have many decisions to make. Some will be big and some will be small. Every decision you make changes who you are forever. This is just one of the many reasons that God wants to help you become a fabulous decision maker.

You are preparing for your First Communion. Receiving Jesus in the Eucharist is one of the greatest blessings of our lives. But Holy Communion is not just a one time blessing. It is a lifelong blessing. Receiving Jesus in the Eucharist each and every Sunday at Mass will fill you with everything you need to live a fabulous life.



Receiving Jesus in the Eucharist is a blessing but not just a one day blessing but one for the rest of our lives- each Sunday.

Jesus Is in You

After you receive Jesus in the Eucharist you will make your way back to your seat. At this moment, Jesus is in you. Amazing!

If Jesus came to visit you at your house, imagine how you would prepare for his arrival, imagine how excited you would be for him to get there, and imagine how you would sit by him and listen to everything he had to say.

Well, not only does Jesus come to visit us in the Mass, but he makes his home within us when we receive the Eucharist. So, when you get back to your seat after receiving Jesus in the Eucharist, this is a very special time of prayer.

Kneel or sit down, close your eyes, and talk to Jesus in your heart. This is a very special moment. Jesus is inside you. Thank him for all the ways he has blessed you. Count your blessings, one by one, with Jesus.

The Eucharist energizes and nourishes your soul.

Your First Communion is a very important moment in your life, but every time we receive Jesus in the Eucharist is an incredible gift that we should never take for granted.



Receiving the Eucharist means that Jesus is in you, so after receiving, it is a time to pray and be close to Jesus and thank Him for all your blessings. This is a special moment to feel grateful.

The Consecration

The consecration is the moment when the bread and wine become the Body and Blood of Jesus. This is an incredible moment—that's why we kneel down for the consecration. Kneeling is a simple and profound sign of reverence. When we kneel during the Mass, it is a sign that something amazing is about to happen.

Just before kneeling, we pray the *Holy, Holy, Holy* together as a parish family:

**Holy, Holy, Holy Lord God of Hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.**

Now we kneel and prepare for the great moment of consecration. Leading up to the consecration, the priest reminds us what happened at the Last Supper, the very first Eucharist.

To consecrate the bread and the wine, the priest says the same words Jesus said during the Last Supper:

**This is my Body, which is given up for you;
This is the Blood of the new and everlasting covenant,
do this in memory of me.**



This is the moment when we kneel- a sign of reverence.
A sign something special is happening. Important words.

Learning and Growing as the People of God -

Children will be able to sequence the Liturgy of the Eucharist and discuss the different words and actions associated with this part of the Mass. They will understand that this is a celebration of thanksgiving for the death and resurrection of Christ who is present in the form of bread and wine.

In summary, children will be taught that the meaning of Holy Communion is...



- The way that we receive Jesus is by eating what looks and tastes like bread. This is the way that Jesus wants us to know that He is with us- as special food to help us grow up and be happy.
- We call the small bread- hosts and when we receive the host at Holy Communion Jesus comes into our lives. We tell him we are glad that he is with us and loves us.



- Communion means being together
- When we receive Holy Communion Jesus comes to us in a special way, and he joins us closer to God our Father and all God our father's family
- As the priest gives us Holy Communion he says
- The Body of Christ
- This means This is Jesus Himself



Role plays-at school and church

We don't want children to worry about receiving the Sacrament and therefore will role play the Sacrament in class and experience tasting the bread before it is consecrated.

Parental support

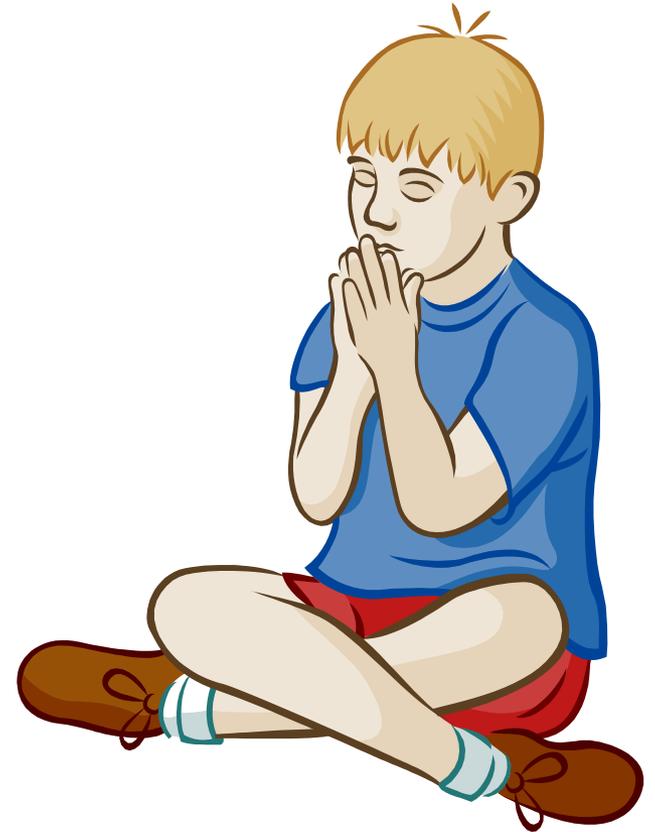


- To help your child understand that in the Eucharist we receive God's greatest gift –Jesus the gift of love
- To remember that it was during a meal that Jesus made the promise to be with us always; in our Eucharist we recall that meal
- To support them in going to Mass, to understand the importance of Mass and the gestures, prayers and symbols we use at Mass
- Next year, there will be some sacramental sessions with Fr. Gwil and parents – details to follow in New Year.

PREPARATION - PRAYER- chance to talk to God

Types of Prayer we share

- Spontaneous / Formal
- Praise
- Sorry
- Intercession / Thanksgiving
- Meditation



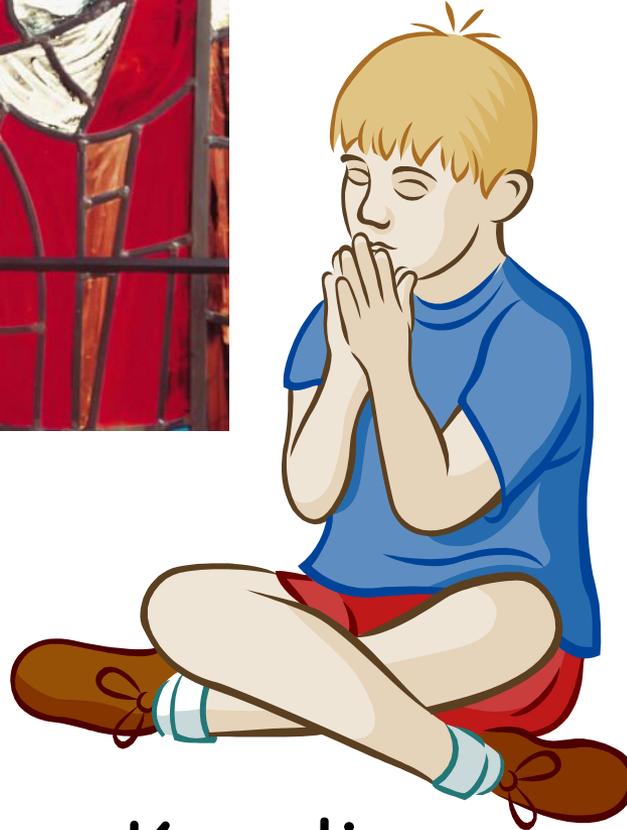
We grow closer to God
through prayer.

Gestures & Attitudes



Genuflecting

Hands joined



Kneeling

Standing

Listening





Symbolism: Water, light, bread, wine.

Practical Details



- Holy Communion dates:
- For the 11 am service we will have photographs beforehand, so children will be given a slot from 9:30 am onwards to have their photographs. For the 1 pm service we will have photographs beforehand, so children will be given a slot from 11:30am onwards to have their photographs.

Time preferences



- Some people have already made requests which have been noted down.
- We will try to ensure you get the slot that you wish, just email Mrs Robinson at the end of the meeting.

Clothing



- Boys- white shirt, grey trousers, red tie (purchased from Clive Mark), golden sash (given by school), shoes and pin
- Girls- white dress, sensible size, white shoes. Gloves and veil, bags and jewellery all fine but gloves must be taken off whilst receiving the sacrament.

Family members and seating



- Children will be seated in surname alphabetical order from the top of the church down. Each child will have a bench for family members and extra seats can be provided at the end of a bench.
- The service will not take place during Mass time therefore the church will be reserved for Year 3 and their families.
- If you have extra adults at the church who do not have space on a bench, they may sit in the foyer area or additional two rooms off the side of the church.