

# First Communion Handbook



**First Communion – April 7, 2024**  
**Mass at noon**

**Practice & Group photo at 11:30 in the Church**

*St. Pius X Parish Omaha, NE*

# For Your First Eucharist You Should Know...

**God the Father** is the Creator of all things and every person

**God** is all-powerful and all-knowing

**God** loves us unconditionally and forever

**God's** mercy has no bounds

**God** sent Jesus to free us from the power of sin

**God the Son** is Jesus, God's only son

**Jesus** became a human person

like us in all things except sin

**Jesus** died on the cross so we could live forever with him

**Jesus** rose from the dead

**Jesus** ascended into heaven

**God the Holy Spirit** is the spirit of LOVE...

the love of the Father for the Son

and for us

Jesus sent the **Holy Spirit** to be

our friend and guide

# For Your First Eucharist You Should Know...

## God Gives Good Gifts and Graces

- God gives us new life in the sacrament of Baptism.
- God gives us the gift of healing and forgiveness in the sacrament of Reconciliation.
- God gives us grace when we pray and receive the Sacraments of Reconciliation and Holy Eucharist. God's gifts of grace help us to be strong in faith.
- Jesus gave us the gift of the Eucharist at the Last Supper.

## Mass: Mystery, Miracle and Mission

- At Mass, Jesus speaks to us through the readings from the Bible.
- The Mass is the greatest prayer for Catholics. We are united as one Eucharistic community, with Catholics around the world who gather to celebrate the Eucharist, too.
- At Mass, the bread and wine become the living Body and Blood of Jesus. We call this the *Real Presence*.
- At Mass, we receive the Living Body and Blood of Jesus in Holy Communion, under the forms of bread and wine.
- At the Mass, we are sent out to share the Good News of God's love for us with others.

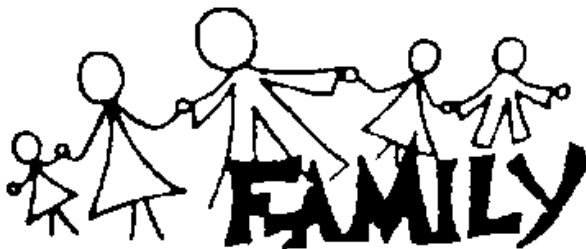
## Home Activities to Do as a Family

1. Set the table as a family. Draw attention to this service as a sign of love and care for one another.
2. If there is a baby in your home, let the older child help feed the baby as a sign of love.
3. Bake bread. Take a loaf to a neighbor or a friend. Talk about how people make bread because they care for those who will eat it. When you eat bread, remember that “breaking bread together” is a sign of Christian unity.
4. Read the Gospel of Mark 6:34 - 44 and talk about the reading.
5. Talk about the stories of Jesus’ life.
6. Write notes of love and concern to one another and hide them in places where they can be easily found.
7. Make a family banner to be displayed at home on First Eucharist day.
8. Make simple placemats decorated with symbols of Eucharist.
9. Share pictures, stories and memories from the First Eucharist day of siblings, parents, even grandparents.

# Family Life Prepares Us for the Eucharist

What you do at home prepares you and your child for the sacred work we participate in at Mass. Our lives are not separated into compartments, with some of it sacred and some not. Every part of our lives can be filled with God's presence. Here are some things we can do to call attention to the sacred in everyday life:

1. ***Gather together on weekends.*** When we take time out to connect with one another and are mindful that God is with us, we prepare to gather with our parish community.
2. ***Forgive and seek forgiveness.*** We begin our worship by asking God's mercy. Our life at home is sweetened when we "forgive those who trespass against us."
3. ***Pray in daily life.*** It prepares us to respond to the celebrant's call at Mass, "Let us pray." Use the siren of an ambulance, firetruck or police car to trigger an invitation to pray together for the safety of the person in need or the first responder. Pray for a safe trip when you get in the car or thank God every time you arrive safely at your destination.
4. ***Practice listening at home.*** If we learn to listen to one another, we will be ready to listen and hear the Word of God at Mass.



5. **Recognize the Good News** happening in our own lives. If we can see God present in our home, we will more easily recognize God in the stories of the Gospel.
6. **Offer ourselves to one another.** Service around the home prepares us for offering ourselves to God at Mass. We bring all our prayers, works, joys, and suffering to the altar.
7. **Praise God together at home.** Whether at mealtime, bedtime, or in gratitude for blessings received, praise at home helps us to lift up our hearts to the Lord at Mass.
8. **Find Christ in one another every day.** It will prepare us to see Christ in people we gather with at Mass.
9. **Offer thanks to one another.** When we teach our children to say please and thank you, we prepare them to offer their thanks at Mass.
10. **Go forth living your faith.** Part of family life is preparing our children to live good lives. That reinforces the final message of the Mass – to go forth to love and serve God and one another.

For parents

## Essential Facts About the Eucharist

The Sacrament of the Eucharist was instituted by Christ at the Last Supper, the meal Jesus ate with his disciples on the night before he died. From the days of the first Christians to the present, gathering as a community to tell the stories of faith, to praise God, to break the bread, and to be sent forth has been the central expression of Catholic identity.

In celebrating the Eucharist, we experience the Real Presence of Christ. That is, the bread and the wine become the Body and Blood of our Lord Jesus Christ.

The Eucharist is known as the source and summit of our faith because every part of the Christian life is bound with the Eucharist and oriented toward it. The Eucharist powerfully reveals God's loving plan for our salvation.

## Everything Points to the Mass

Children learn to value what their parents value. And they learn not so much by what we say as by what we do. Make regular participation at Mass together a fundamental priority.

Attending Mass...

- ✚ reveals our true identity as beloved children of God.
- ✚ connects us with others in the parish.
- ✚ nurtures us spiritually through the Scriptures and the Eucharist.

03/12/2024

# First Eucharist – April 7, 2024

## Mass at noon

### Practice & Group photo at 11:30 in the Church

**Photos:** Taking photos during a special Mass like this creates distractions. Father will be available for photos after Mass.

**Dress:**

Boys are required to wear ties. Suits or jackets are optional.

Girls usually wear white dresses, but it is not required. Veils, flowers, or ribbons may be worn in the hair.

**Ministers:** See the sign-up sheet to volunteer yourself or a family member to help in the many ministries and tasks that go into this special liturgy.

**Seating:** First Communicants will sit with their family in assigned pews. Each family will have space equivalent for about 9 persons.

If a family member has special accessibility needs, and would benefit from a front or partial pew, notify Colleen.