Friends of Jesus
Preparation Programme
First Holy Communion

"I am the Bread of Life"
(Jn 6:35)

DERRY DIOCESAN
CATECHETICAL
CENTRE

The Catechetical Centre is delighted to offer two Sessions to support schools, parishes and families in the preparation of children for the Sacrament of First Holy Communion. We are looking forward to being part of this special time in the faith journey of the children.
The sessions will take place via Saint Eugene's Cathedral Hall webcam from 10am - 11am

Monday 26th February 2024
Tuesday 27th February 2024

In this resource you will find a timetable for each day and templates for use during the sessions. If you prefer not to print out the templates, children could simply complete the activities in their Religious Education book or on pages.

The catechesis and activities will also link into the diocesan pupil's First Holy Communion Book ***Celebrate*** *and* the diocesan family preparation booklet, ***Friends of Jesus.***

Each day we will begin with morning prayer. There is a psalm at the end of the booklet which we will use both days.

We would love to see the children's work each day so please share it with us on social media @

https://www.facebook.com/DerryDiocesanCC

Friends of Jesus - God's Story Tellers
Day One

Opening Prayer:

Recap: Baptism and Reconciliation - telling God's Story with our lives

Activity 1: Food to Tell God's Story/My Story Well
Activity Resource: 1. Guided Meditation on the Last Supper

Activity 2: What happens when we come to Mass
Activity Resource: 2 What happens when we come to Mass

Closing Prayer: Labyrinth Prayer

Catechesis Day One
Scripture Story - The Last Supper
Through the Sacrament of the Eucharist we are invited by Jesus to share in his life, his sacrifice on the Cross and in the joy of his Resurrection. When we come to Mass we are doing what Jesus asked his apostles to do when he said at the Last Supper - '*Do This in Memory of Me*' . Jesus gave himself to the apostles and gives himself to us - Jesus is the Bread of Life, the food for the journey we need as we live life well and keep our eyes focused on Heaven.

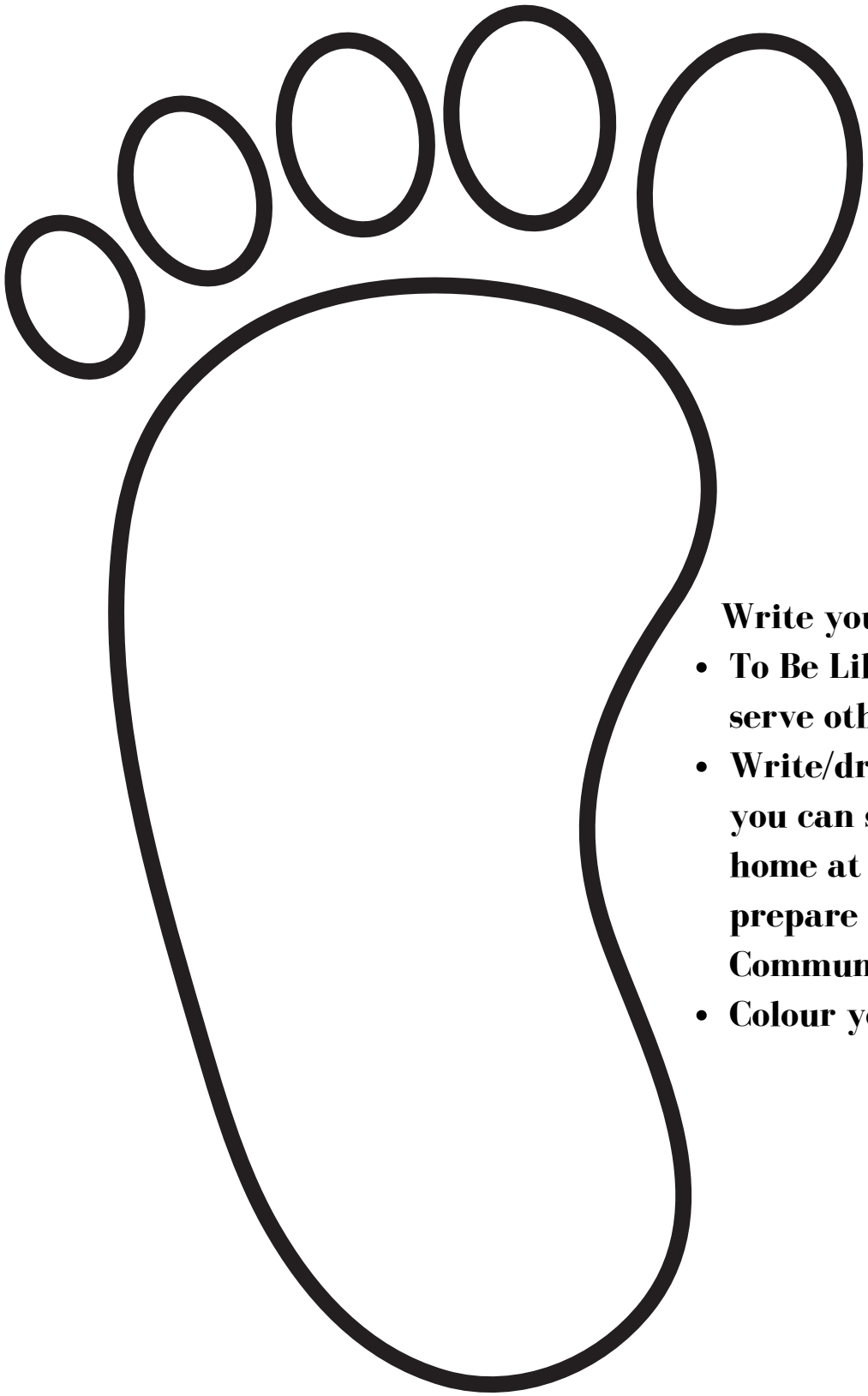
What Happens when we come to Mass?

We come together to
Celebrate,
Listen to the Word of God,
Give thanks,
Eat/Share Communion, the food for our faith journey
Go and spread the Gospel message.

First Communion Preparation Sessions

Day One : Resource One

At the Last Supper, Jesus washed the feet of his Apostles. He did this to help them understand that to follow Jesus is to be like Jesus and love everyone as he does.



Write your name on this foot -

- **To Be Like Jesus you have to serve others**
- **Write/draw three ways in which you can serve/love others at home at this time as you prepare for your First Holy Communion**
- **Colour your foot!!**

First Communion Preparation Sessions
Day One : Resource Two

At Mass We Come Together to Celebrate as God's Family

What do we do at Mass?

We begin by making the sign_____

We tell God and each other we are_____ for not living as Jesus asked us to.

We listen to the _____ of God so we can live as _____ asked us to.

We give thanks to God for the gift of his_____.

We recall what Jesus did at the _____, the meal he shared with his apostles.

We say the prayer that Jesus taught us, the _____.

We receive_____, the body of Christ.

We are given a _____ to go and help others wherever we can.

mission	**Last Supper**	**Word**
of the Cross	**Communion**	**sorry**
Our Father	**Jesus**	**Son**

Friends of Jesus - God's Story Tellers
Day Two

Opening Prayer:

Activity 3: What do we do when we go out from Mass?
Activity Resource: 3 The Little Way of Saint Thérèse - The Little Way of Love

Activity 4: Jesus' Invitation to Mass/Understanding what Jesus is inviting you to/My Response to Jesus Invitation
Activity Resource: 4 Invitation Response

Closing Prayer: Labyrinth Prayer

Catechesis Day Two Through the Sacrament of the Eucharist we are invited by Jesus to share in his life, his sacrifice on the Cross and in the joy of his Resurrection. When we say yes to Jesus, we receive the precious Body and Blood of Jesus, the food we need to live life well and we enter into Holy Communion with Jesus and are sent out into the world to live in Holy Communion with one another. We are called to be the presence of Jesus in the world today. The saints are a great way of learning about how to live our lives well. The Little Flower, Saint Thérèse spoke not of doing great things, but of small things with great love. She saw herself as a child who lived in complete dependence on God. Saint Thérèse lived a simple life of prayer, practiced short, heartfelt prayers and her spirituality was based on doing ordinary deeds with extraordinary love. We are called to do the same

First Communion Preparation Sessions
Day Two : Resource Three

The Little Way of Saint Thérèse - The Little Way of Love

The Little Way of Saint Thérèse - The Little Way of Love

Write Three Things you heard today about Saint Therese's Little Way of love

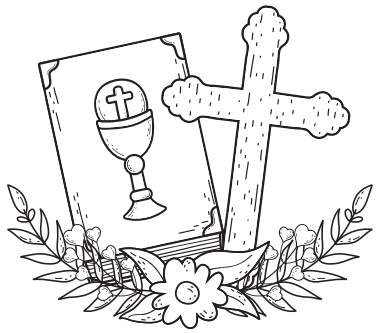
First Communion Preparation Sessions

Day Two : Resource Four

You're Invited

Dear Jesus,

First Communion Preparation Sessions
Psalm for Morning Prayer



Psalm 145

Response: You open your hands to feed us, Lord; answer all our needs

All creation will thank you,
and your loyal people
will praise you.
They will tell about
your marvelous Kingdom
and your power.

Response: You open your hands to feed us, Lord; answer all our needs

Everyone depends on you,
and when the time is right,
you provide them with food.
By your hand you satisfy
the desires of all who live.

Response: You open your hands to feed us, Lord; answer all our needs

Our Lord, everything you do
is kind and thoughtful
and you are near to everyone
whose prayers are sincere.