

# Welcome to the Holy Communion preparation

Tuesday 4<sup>th</sup> February 2020





## Prayer for a Child's First Communion

Lord Jesus,

Bless the children coming forward  
to receive Holy Communion for the  
first time.

May this day be an initial step  
into a life-long love of the Eucharist.

Give them a hunger for this sacred  
food so that they turn to you for  
comfort, guidance, and wisdom  
as they grow into full discipleship.

Thank you for their innocence and  
goodness.

May their hands, extended in  
anticipation of your Body and Blood,  
inspire all of us to cherish this sacred  
sacrament.



## Objectives for today's meeting:

- To gain more understanding of the 'Heart Speaks to Heart' programme
- Important dates for Holy Communion.
- To understand what the children should wear on their special day.



# Heart Speaks to Heart

Welcome to our new First Holy Communion programme. This has been developed within the Leeds Diocese.

This programme is based on the virtues and how the children see this within The Bible, in church and within their own lives.



# Sessions

There are 7 sessions which we will complete in school.

It is important to attend church regularly. This will help your child understand the chapters we cover and get the most out of the programme.

It is important that you spend time on the home sessions and support your child to enable them to keep up to date with their 'Heart Speaks to Heart' in preparation for the Sacrament. E.g. drawings and word searches, etc.



## The Virtues

Each session explores a different virtue.

*A virtue* is a habit that perfects the powers of the soul and disposes you to do good.



# Sessions

- Session 1 – Faith- My life's journey
- Session 2 - Hope- Entering God's house
- Session 3 - Love: Holy Mass Begins
- Session 4 - Stillness : God speaks His word
- *Session 5* - Generosity and Gratitude: Jesus ~Offers Himself for Us
- Session 6 - Courage : Food for the Journey
- Session 7 - Reflection: My journey continues



# Sessions

Not every session is the same but they run in a similar manner.

- 1) Reflect on past sessions. An opportunity for the children to discuss their journey.
- 2) Introduction to the virtue being discussed.
- 3) Bible story linked to the virtue read together and underline. Children have an opportunity to draw their thoughts on this story.
- 4) A second Bible story is read.



- 5) Talk time- reflecting on the stories and the virtue.
- 6) Sometimes there is then an activity. This ranges from word searches to further explore key vocabulary, drawings and writing prayers.
- 7) Learning about key words and important elements of the church including parts of the mass.
- 8) Your turn- the children will have key things to find in church that week. They will also have an activity to do at home. It will be beneficial for your child if they are supported with this task as it help them gain greater understanding. There will also be an opportunity to ask questions to develop their faith with you.
- 9) Finally, please complete the prayer which is linked to the virtue. We will have completed this in school but it will also be a special time for you to pray together and will have greater impact when followed up.



# Holy Communion

Holy Communion Sunday 17<sup>th</sup> May 11:00.

Please note – there will be no arranged photographer this year. We will however, arrange the children on the altar at the end of mass. If you do not wish for your child to be included in the group photo, please let me know prior to 17<sup>th</sup> May.

The children will start to use their 'Heart Speaks to Heart' books from the w/c 2<sup>nd</sup> March. We will be using the book every Friday afternoon. Your children's book must be in for every session.



# Holy Communion

## Girls:

- white dress; white or flesh-coloured tights, or white ankle socks;
- white shoes
- veil, headband or gloves are optional



## Boys:

- smart shorts
- white shirt
- red tie
- smart shoes (no trainers)

