

# FIRST HOLY COMMUNION

2023/2024

INTRODUCTORY MEETING

FR. PAWEL BIELAK, 11th October 2023

# FIRST HOLY COMMUNION 2023/2024

## BAPTISMAL PROMISE

You have asked to have your child baptised. In doing so you are accepting the responsibility of training him/her in the practice of the faith. It will be your duty to bring him/her up to keep God's commandments as Christ taught us, by loving God and our neighbour. Do you clearly understand what you are undertaking?

**PROMISE = to tell someone that you will certainly do something**  
*(From Cambridge Dictionary)*

# FIRST HOLY COMMUNION 2023/2024

APOSTOLIC EXHORTATION *FAMILIARIS CONSORTIO* OF POPE JOHN PAUL II  
ON THE ROLE OF THE CHRISTIAN FAMILY IN THE MODERN WORLD (22<sup>nd</sup> NOVEMBER 1981)

## The Right and Duty of Parents Regarding Education (36)

- The task of giving education is rooted in the primary vocation of married couples to participate in God's creative activity (...)
- As the Second Vatican Council recalled, "since parents have conferred life on their children, they have a most solemn obligation to educate their offspring.

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## The Right and Duty of Parents Regarding Education (36. Continued)

- Parents must be acknowledged as the first and foremost educators of their children. Their role as educators is so decisive that scarcely anything can compensate for their failure in it.
- It cannot be forgotten that the most basic element, so basic that it qualifies the educational role of parents, is parental love (...)
- Parental love is the norm inspiring and guiding all concrete educational activity, enriching it with the values of kindness, constancy, goodness, service, disinterestedness and self-sacrifice that are the most precious fruit of love.

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## Family Prayer (59)

- Family prayer has its own characteristic qualities. It is prayer offered in common, husband and wife together, parents and children together.
- “Again I say to you, if two of you agree on earth about anything they ask, it will be done for them by my Father in heaven. For where two or three are gathered in my name, there am I in the midst of them.” (Matthew 18:19)

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## Family Prayer (59)

- Family prayer has for its very own object family life itself.
- Joys and sorrows, hopes and disappointments, births and birthday celebrations, wedding anniversaries of the parents, departures, separations and homecomings, important and far-reaching decisions, the death of those who are dear, etc.- all of these mark God's loving intervention in the family's history.

NAME: .....

WEEKLY PRAYER DIARY

DATE: .....

Each time a prayer is recited tick the box. Say p.m. prayers with your parents who will sign each box.

	Sign of the Cross	The Our Father	Hail Mary	Glory Be	Angel Prayer	Sign of the Cross
Sunday a.m.						
Sunday midday						
Sunday p.m.						
Monday a.m.						
Monday midday						
Monday p.m.						
Tuesday a.m.						
Tuesday midday						
Tuesday p.m.						
Wednesday a.m.						
Wednesday midday						
Wednesday p.m.						
Thursday a.m.						
Thursday midday						
Thursday p.m.						
Friday a.m.						
Friday midday						
Friday p.m.						
Saturday a.m.						
Saturday midday						
Saturday p.m.						

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## Family Prayer (59)

- They should be seen as suitable moments for thanksgiving, for petition, for trusting abandonment of the family into the hands of their common Father in heaven. The dignity and responsibility of the Christian family as the domestic Church can be achieved only with God's unceasing aid, which will surely be granted if it is humbly and trustingly petitioned in prayer.

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## Educators in Prayer

60. By reason of their dignity and mission, Christian parents have the specific responsibility of educating their children in prayer, introducing them to gradual discovery of the mystery of God and to personal dialogue with Him:

*“from the earliest years children should be taught, according to the faith received in Baptism, to have a knowledge of God, to worship Him and to love their neighbour.”*

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## Educators in Prayer (60. Continued)

The concrete example and living witness of parents is fundamental and irreplaceable in educating their children to pray. Only by praying together with their children can a father and mother (...) penetrate the innermost depths of their children's hearts and leave an impression that the future events in their lives will not be able to efface.

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## Educators in Prayer (60. Continued)

Let us again listen to the appeal made by Paul VI to parents: "Mothers, do you teach your children the Christian prayers? Do you prepare them, in conjunction with the priests, for the sacraments that they receive when they are young: Confession, Communion and Confirmation? Do you encourage them when they are sick to think of Christ suffering to invoke the aid of the Blessed Virgin and the saints Do you say the family rosary together? And you, fathers, do you pray with your children, with the whole domestic community, at least sometimes? Your example of honesty in thought and action, joined to some common prayer, is a lesson for life, an act of worship of singular value. In this way you bring peace to your homes. Remember, it is thus that you build up the Church."

(General Audience Address, Aug. 11, 1976)

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## THE SACRAMENTS OF CHRISTIAN INITIATION

1322 The Holy Eucharist completes Christian initiation. Those who have been raised to the dignity of the royal priesthood by Baptism and configured more deeply to Christ by Confirmation participate with the whole community in the Lord's own sacrifice by means of the Eucharist.

1324 The Eucharist is "the source and summit of the Christian life." "The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself".

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## Jesus the Bread of Life (JOHN 6)

Then Jesus declared, “**I am the bread of life**. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”

Jesus said to them, “Very truly I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have **no life in you**. Whoever eats my flesh and drinks my blood has eternal life, and I will raise them up at the last day. For my flesh is **real food** and my blood is **real drink**. Whoever eats my flesh and drinks my blood **remains in me, and I in them**. Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.

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## Practical information

- Lessons schedule (1h:15mins)
- Topics
- Children's Liturgy
- Parish Bulletin
- Bidding Prayers
- Library books
- Folders
- Conditions of acceptance
- Parents' meetings  
(29th Nov, 17th Jan, 6th March)
- No drinks or food
- Day of First Holy Communion
- Q&A

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## Conditions of acceptance

### CONDITIONS OF ACCEPTANCE:

We have read all the information in the enclosed Sacramental Preparation Pack. We agree to commit to:

- attend all the required parental and children's sessions of catechesis
- complete all homework (with parental support as far as possible)
- being punctual: arrive before 6 pm so lessons can start promptly
- producing proof of attendance at Mass on Sundays and Holydays of Obligation in any parish (signature of the priest in the attendance book)
- pray and talk about the Faith together as a family
- paying £25 towards the cost of resources and materials which will be used. A £5 deposit is required to cover the use of library books (returnable at the end of the course if all books have been returned).

**We accept that more than 3 absences and missing more than 3 week's homework will result in the child's First Holy Communion being postponed until a future year.**

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## Resources

- Children's Bibles

THE CATHOLIC CHILDREN'S BIBLE (ST MARYS PRESS)

<https://www.rpbooks.co.uk/catholic-childrens-bible-hardback>

INTERNATIONAL CHILDREN'S BIBLE

([https://www.amazon.co.uk/International-Childrens-Bible-Authentic-Media/dp/0850099013/ref=tmm\\_hrd\\_swatch\\_0?\\_encoding=UTF8&qid=1663855253&sr=8-6](https://www.amazon.co.uk/International-Childrens-Bible-Authentic-Media/dp/0850099013/ref=tmm_hrd_swatch_0?_encoding=UTF8&qid=1663855253&sr=8-6))

- CATECHISM - YOUCAT for Kids (paperback and Kindle edition on Amazon)
- THE CHOSEN SERIES (<https://watch.thechosen.tv/>)
- TRAILER (<https://www.youtube.com/watch?v=K1-FoFj8Jbo>)