First Communion is a natural opportunity for drawing children and their parents/godparents/families more deeply into the glorious community we call the Body of Christ. The resources below include ideas for presenting them in your learning sessions with the children. Also included is a home connection with text for sharing the resources with parents/godparents/families. Utilize one or more resource to help connect with parents and enhance their awe for the Eucharist, introduce concepts about the Eucharist that may be unfamiliar, and give reasons to return to the celebration of the Eucharist week after week. Contact the ERC staff for more ideas and resources to help you Spread the MESSAGE with MEDIA!

Kim – 563.556.2580 X210 or dbqmed@dbqarch.org
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The Weight of the Mass - This story, based on true events, reminds us all of the awesome power of the Mass and the importance of praying for a specific intention(s) each time we attend Mass.

ERC BK #200690 or https://safe.share.tv/x/ss5aa00d02c1983

Learning Session: Be sure children understand what a scale is and how it works before presenting the story. Also let them know that this story is based on an actual event. After presenting the story, you might ask the questions below. Many people do not realized they can/should offer their Mass for a specific intention and that the Mass is the most powerful prayer we have for bringing out the good results of your special intentions. You might conclude your session by asking children to write down a special Mass intention for their First Communion Mass. (Check with the parish pastor or liturgist to see if you might incorporate these into the liturgy in some way — possibly by including a general mention in the General Intercessions or by gathering the intentions they have written into a basket and placing it somewhere in your church.)

● What happened when the paper saying “One Mass” was put on one side of the balance and all the fine food, including the wedding cake, was put on the other side? What does this tell you about the value of the Mass as a prayer?
● Why do you think God may have granted this miracle in that bakery shop that day? (God wanted all to know the power of the Mass. God was preparing the baker’s son to be a priest some day. God had great compassion for the poor widow.)
● If the Mass is so powerful, and our God is so good, do you think you have to limit your intention at Mass to just one request? (No, you can offer many, if they are offered with a sincere heart.)
● The word “Eucharist” means “thanksgiving.” When would be a good time to thank God for any intentions that have already been heard and answered? (before Mass begins, after receiving Holy Communion)
● You can offer your intentions at Mass before Mass begins, after receiving Holy Communion, in your heart during the General Intercessions, during the elevation of the host/chalice, or any time. What are some intentions you might offer at Mass? (for anyone who is ill, without a job, or who has died; for troubles in your family or friendship; for strength to avoid sin; for worldwide needs such as peace, end to hunger, or for children who, in any way, are not shown love).

Home Connection: Share the link to the online storybook video and include the following text: The Mass is the most awesome and powerful prayer that we can offer to God. Did you know that each time you attend Mass you can offer that Mass for your own special intention(s)? In addition to offering your own intention(s), consider helping your child choose an intention(s) each week; choosing an intention with your spouse each week for you as a couple; and choosing, as a family, an intention each week that your entire family will offer. Our God is an awesome God who grants all your intentions with even more delight than when defying the law of gravity on a scale!!!
The E-U-C-H-A-R-I-S-T Song - With each letter of the word “Eucharist,” this song introduces an awesome reality of this sacrament: E = Eternal life, U = Union with Jesus, etc.…

CD#18727 or https://safeshare.tv/x/BGESXPwDAk

Learning Session: Share the meaning of the awesome realities presented in the lyrics (lyrics: https://maryzitnik.com/track/584230/e-u-c-h-a-r-i-s-t.) Distribute to students/pairs/groups tagboard signs, each containing one letter of the word Eucharist. Ask students to draw a picture or symbol to represent what that letter tells us about Eucharist, based on the lyrics of the song. Play and sing the song, asking students to hold up their sign whenever their letter is sung.

Home Connection: Share the links to BOTH the song and the lyrics. Include the following text: The Eucharist is an awesome and amazing sacrament! In this fun sing-along, you will find nine (one for each letter of the word Eucharist) of the awesome realities of Eucharist. Take a moment to enjoy the sing-along with your child and look at the lyrics. Share with your child which two or three letters describe the most amazing reality for you -- and why. (There is no right or wrong here!) Ask your child which realities they most look forward to participating in when they receive Eucharist for the first time. Play the song again -- and sing along! You might even create signs with the letters and try to hold them up each time the letter is sung, create YMCA-style poses for each letter, or form the letters using American Sign Language. Have some fun, and allow yourself to be truly AMAZED at the gifts the Eucharist offers us each time we come to Mass!!!

Learning Cards: The Order of the Mass and Connecting the Order of the Mass and Scripture


Learning Session: See the web page for free downloads of these learning cards and a variety of ideas for using them.

Home Connection: Share the link to these learning cards or download, photocopy, and send them home. Include the following text: Our God who is the same yesterday, today and always, has given us the Mass which has kept the same basic format for over 2000 years. (You might enjoy this video with a description of the liturgy that was written in 155 A.D.: https://safeshare.tv/x/g-FwqO_s5_A.) You and your child might enjoy reviewing the order of the Mass with these learning cards (answer key included!). After putting them in order (and securing them on a key ring or carabiner), you might even allow your child to bring them to Mass to help him/her follow along in preparation for First Eucharist. You might also enjoy looking up various Scripture references that can be heard throughout the Mass. Did you realize that just by attending Mass each week, you are hearing and repeating many, many Bible passages? (The ones on this webpage are just a sampling!) Enjoy these learning cards as you prepare for your child’s First Communion and thank God for the great gift of being so closely connected to the apostles of the early Church!

Something Additional for Adults: 7 Tips for Keeping the “Holy” in First Holy

https://catholic-link.org/7-tips-for-keeping-the-holy-in-first-holy-communion-catholic-video/

Something Additional for Children: Body of Christ Online Coloring Game:

https://aliveinchrist.osv.com/family/games/grade_2