

# First Communion Learning Center 7

## Jesus is the Bread of Life

### Supplies

Cracker, Nilla Wafer, or something similar to the host at Mass  
Water or Juice

### Directions

1. Look at the pictures on this page, talk about and name the different kinds of bread pictured. Name some breads that you do not see displayed. Tell your child that bread comes in many different forms and that we usually eat bread every day. It is a basic food and always has been. It is a healthy and necessary part of our diet.
2. Read "Receiving Holy Communion" aloud one time. Then, read it a second time and have your child stand and practice receiving communion from you using a cracker (or Nilla wafer) and using a glass of Juice (or water).

\*At the practice before the day of their First Communion they will practice in the Church with an unconsecrated host. Please talk to your child about how at times like this pandemic or during the flu season, the wine (Blood of Christ) is not always available as will be on the day of their First Communion. Because they will not have this, we still want to make sure they are aware of it so when we can once again have the Blood of Christ at Mass, they understand what it is and how to receive it.

3. Fill out the Activity sheet
4. Try out the bread recipe with your child making references and connections with what they learned in this lesson

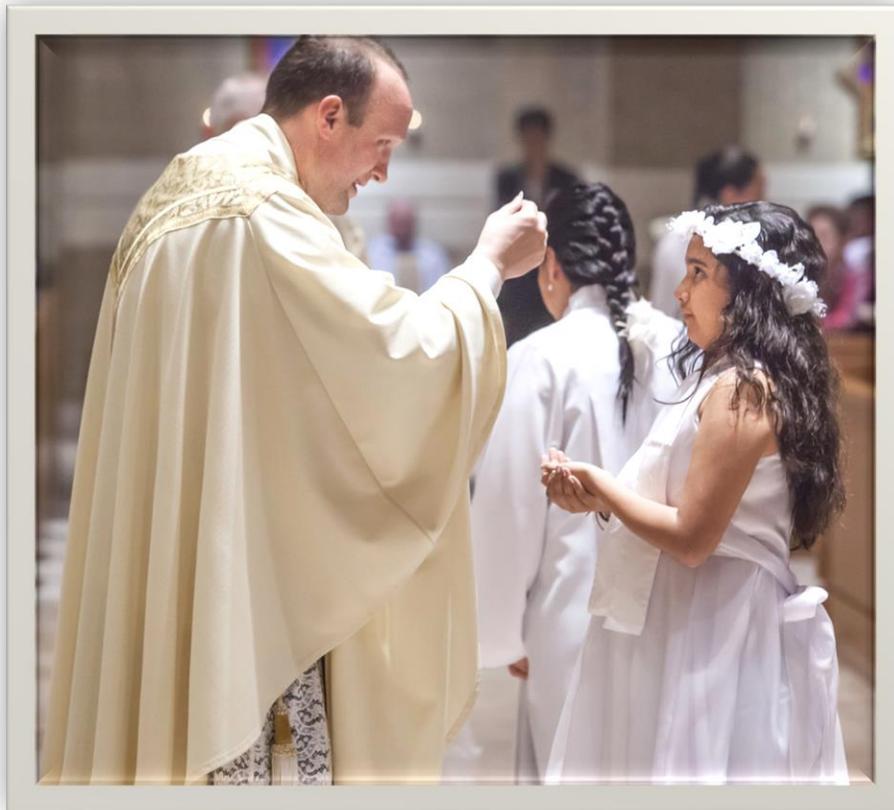


# Receiving Holy Communion

## How to receive Holy Communion

1. Leave your pew and fold your hands in prayer.
2. Walk slowly down the aisle. Pray silently and think about Jesus
3. When it is your turn to receive the Eucharist, you will bow
4. The Eucharistic Minister will hold the host up and say "The Body of Christ"
5. You will say: "Amen"
6. When it is your turn to receive the Blood of Christ you will bow
7. The Eucharistic Minister will say "The Blood of Christ"
8. You will say: "Amen"
9. Fold your hands in prayer and return to your seat

After receiving communion return to your seat and remain kneeling until Father finishes and sits down. During this time, you may pray, sing the communion song with the congregation and/or choir, or simply remain silent.



# Very Easy Bread Recipe

## Ingredients

2c. warm water (about 110°F)  
Large spoonful of honey or molasses  
1 TB yeast  
About 4c. flour  
Pinch of salt

## Directions

1. Make a snack for the Yeast
  - a. Put the warm water in a large mixing bowl and then stir in the honey (or molasses). The yeast is hungry, so we make them a "soup" to eat.
2. Feed the Yeast
  - a. Next sprinkle the yeast over the top of the "soup". Let it sit a few minutes and watch it foam and release bubbles. This means the yeast is happy and eating the "soup".
3. Let it snow!
  - a. Taking turns, with very clean hands, start adding the flour by making it "snow" into the bowl. Sprinkle in a pinch of salt, too. Keep adding flour "snow" - taking breaks to knead it into the dough until the dough is stiff and no longer sticky.
4. Take a nap
  - a. *Whew!* Our dough is tired. It is time for the dough to take a little nap under a blanket. Loosely cover the bowl with a towel and set in a warm spot to double in size for an hour or two).
5. Make shapes
  - a. Peek under the blanket. Has your dough doubled in size? Okay, you're ready to knead it for a bit and then shape it into either a loaf, bun, or shaped breads.
  - b. Preheat the oven to 350 degrees F
  - c. Give each child a portion of the dough, and you take some too, and form it into your shape for baking and place them on an oiled baking sheet.
6. Another rest
  - a. Your dough is probably tired from all of that shaping, so he needs a brief rest under his blanket again (another 20 minutes or so while the oven preheats).
7. Bake
  - a. At last, it is time to bake our bread! Into the 350-degree oven it goes for about 20 minutes until light brown. Keep an eye on this, moms and dads, because smaller shaped breads and rolls will need less baking time.
8. Enjoy!
  - a. Let your bread cool a bit on a rack and then slice it with a serrated knife and enjoy. Baking bread together is a nice way to spend time together. It also shows children that slow long-term projects that don't have immediate gratification are worth it, and helps build up children's skills at being patient.



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Finish
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To find the words of Jesus, start at the arrow. Go clockwise and circle every third letter. Copy the letters into the empty blocks to spell out the answer.

I
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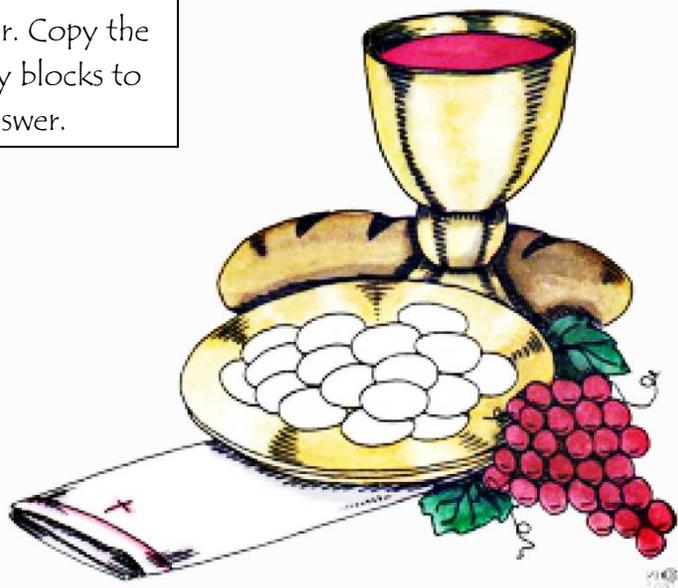
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