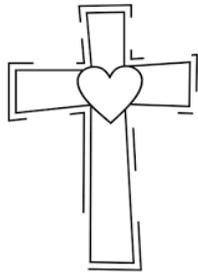


*(Show your child a cracker or unconsecrated host)*

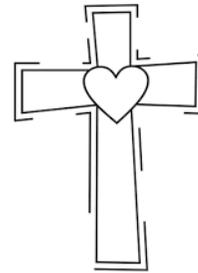
Dear Children,

The cracker/wafer we have here is NOT the body of Christ. Right now it is just regular bread (in church we call that "unconsecrated"). When you practice receiving Communion with an unconsecrated host, you are not receiving the body of Jesus. The bread & wine can only become the body & blood of Jesus once the priest says the words of consecration over them at Mass:



**"This is my body."**

**"This is my blood."**



For now, we are just practicing, using regular bread. The priest has not consecrated it to be the body of Jesus.

To receive Holy Communion, there are 6 steps:

1. Wait your turn on line standing tall & confident, with your hands clasped together into "prayer hands."
2. When it is your turn, make a "throne" out of your hands by putting one on top of the other and holding them out flat in front of you. Lift them up so the priest can reach.
3. When the priest puts the host into your hand, he will say "**The Body of Christ.**" You say, "**Amen,**" which means, "I believe!" Make sure you say it nice & loudly!

4. Put the host into your mouth and eat it right away. Remember, a consecrated host is the body of Jesus and we must treat it with respect. We **never** put it in our pocket, take it home with us, or throw it in the garbage. If you ever see someone doing this, please tell them that this is not the way we should treat Jesus' body. We should treat it with love, just like Jesus loves us.

6. Walk back to your seat so that the people in line behind you can come up to receive.

7. When you get back to your pew, say a prayer to thank Jesus for giving you the gift of His body in Holy Communion. Then listen and hear what Jesus has to say to you in your heart.

...And that's all!



Don't be nervous, you will be just fine! If you accidentally make a mistake or forget what to do, don't worry. Our priest Father Sikorski will remind you what to do.

Blessings to you as you prepare for your First Holy Communion!!

