

**First Holy Eucharist**  
**At-Home Preparation during Covid-19**

**Session One – The Mass**

A. Watch Before

*Before working with your child, watch “Draw Near – A Video Guide to the Catholic Mass” from the Archdiocese of Chicago.*

<https://www.youtube.com/watch?v=co0qalRkEJs&t=97s>

B. Pray

*With your child, ask God to help you understand better why the Mass is important. You can pray your own, or use this one:*

*Lord, Jesus Christ, Son of the Living God, you give yourself to us in the Most Holy Eucharist. At the Mass you remind us that we are connected to you as the Body of Christ, and we are privileged to receive you in the Most Holy Eucharist. During this time when the Eucharist is not available, may those who have already received, long for the Eucharist, and may those who are preparing to receive for the first time, share in that longing. We wait for the day we can come together and celebrate Communion. We ask this, in your most Holy Name. Amen.*

C. Watch

Join Brother Francis as he explains the Mass at

[https://www.youtube.com/watch?v=JC4H79m-](https://www.youtube.com/watch?v=JC4H79m-ovQ&list=PLfXjDog6Jf6rI0n6uRlnhFrDuDuprLkx&index=6)

[ovQ&list=PLfXjDog6Jf6rI0n6uRlnhFrDuDuprLkx&index=6](https://www.youtube.com/watch?v=JC4H79m-ovQ&list=PLfXjDog6Jf6rI0n6uRlnhFrDuDuprLkx&index=6) (Note, this is 6 short videos in a playlist)

D. Do

The Mass is about gathering together to hear the stories of our faith and share Jesus' meal. While we wait to go back to Mass, let's remember Mass when we eat together. Help prepare dinner and eat as a family. Use this time at home to share your family stories and to pray at dinner.

E. Reflect

After you've helped clean up from dinner, complete the reflection section of the preparation journal.

## Session Two – The Real Presence

### A. Watch Before

*Before working with your child, watch “What is the Real Presence?” from Breaking in the Habit.* [https://www.youtube.com/watch?v=BBZPv\\_1mH9w](https://www.youtube.com/watch?v=BBZPv_1mH9w)

### B. Pray

*Jesus, my Lord. Thank you for sharing yourself in the Eucharist. I cannot wait to receive Communion so we can be even closer than we are now. I know you are present to me all the time, but I also know how real you are in the Eucharist. Please keep me wanting to be close to you as I prepare for my First Communion. Amen.*

### C. Watch

<https://www.youtube.com/watch?v=GEqnKMN1zE> *The E-U-C-H-A-R-I-S-T Song*

### D. Do

<https://www.catholicicing.com/true-presence-in-the-eucharist-printable-craft-for-catholic-kids/>

Go on a walk with your child (this will both help to have some activity, but also make it easier to have a conversation instead of making this feel like it is teaching them). Talk to your child about the Eucharist and the Mass. Share with them your understandings and what you are still learning about the Mass and the Eucharist. Talk about the importance of going to Church each Sunday and how giving praise and worship to God is the most important thing that we can do. By showing God this act of love, He meets us in the Eucharist, the Body, Blood, Soul, and Divinity of His Son Jesus Christ and gives us the grace of communion with God by entering our body. With Jesus within us, we can go out and be like Jesus in how we love and help others. After sharing this, have your child share with you the ways that he/she can be like Jesus at home, at school, when playing with friends, etc.

### E. Reflect

Complete the reflection section of the preparation journal. For the first question, encourage your child to think about air, or light. For the second, find optical illusions online. The point is ultimately to help your child see that our senses are not always right. It will hopefully get them to realize that seeing bread and wine is not all there is. We believe that after the prayers they ARE the Body and Blood of Christ.

Additional Resources on the Real Presence:

<https://www.thereligionteacher.com/first-communion-activities/>

### Session Three – The Community in Prayer (Communion of Saints)

A. Watch Before

<https://www.youtube.com/watch?v=3K9yGNPalcA> *Do Catholics Worship Saints by Ascension Presents*

B. Pray

*“Lord Jesus, you gather a people to yourself, so that from east to west a perfect offering may be made to your honor.” May we always remember that you gather all Christians, those alive now and those who have gone before us to worship you. Help us to grow in community as we prepare to receive our First Communion, even in the midst of social distancing. It is not how close we are to one another, but you, Jesus, who unites us. Be with us now and always. We ask this through our Lord, Jesus Christ. Amen.*

C. Watch

<https://www.youtube.com/watch?v=iREM-5qcCjo> *“Litany” by Matt Maher posted by HaveFaithNH*

D. Do

- a. Take a walk through a local cemetery and pray for those who have gone before us. If there are old gravestones, you can take rubbings of them to better read the names and dates. This is a good way to connect with our past, and it gets us out and moving during a time we could otherwise be cooped up.
- b. Alternatively, share stories of family members or friends who have passed away. These could be stories of people who had died before your child was even born, but help your child see that (s)he is a part of a family and community that has a history.

E. Reflect

Complete the “Reflect” section of the preparation journal.

**Session Four – Source and Summit**

A. Watch Before

<https://www.youtube.com/watch?v=age0nIV61F4> Wednesday Wisdom – Source & Summit posted by NDA-Buffalo NY

B. Pray

*Lord God, you are the source of everything good in our lives. You continually give to us all we need, and it is only right that we give it back to you in return. Let all our gifts be used to your glory. May our praise of you at Mass be the summit of our love for you, and the source of our strength through the week. We ask this through Jesus, our Lord. Amen.*

C. Watch

*No video for the children this session. Enjoy nature instead, or consider streaming a Mass.*

D. Do

Go for a walk! Get outside and look around. While walking see if you can find the following and take a picture or note where:

- |                                     |                                                     |
|-------------------------------------|-----------------------------------------------------|
| • A seed                            | source of new life, summit of flowers               |
| • Water                             | flow from a source (called a summit)                |
| • A peaked roof                     | the peak is the summit of the house                 |
| • A footpath (or sidewalk works)    | leads to (or from) something                        |
| • Something very light              | Eucharist lifts our spirits & prayers               |
| • Something heavy                   | The Mass is firm and doesn't change much            |
| • Something that starts with "C"    | Depends what they find – be creative                |
| • Something that reminds you of God | The Eucharist not only reminds us of God it IS God! |

When you get back, talk about how we can find God anywhere, but that it is easiest to find Him at Mass. Talk about how exciting it is to prepare to receive him.

E. Reflect

Complete the "Reflect" section of the preparation journal.

Additional Resources:

An additional adult video for Source & Summit

<https://www.youtube.com/watch?v=gLmta376WlQ> The Holy Eucharist – Source and Summit of our Faith posted by Ignite the Maronite

Blessed from Dynamic Catholic hosts free preparation videos for the Sacraments at:

<https://dynamiccatholic.com/blessed/first-communion/program-view/session-1>