

# First Holy Communion

Parents information meeting





# What is First Holy Communion?

- Holy Communion, (also called the Lord's Supper or The Eucharist) is a ritual or sacrament practiced in most denominations of Christianity.
- Holy Communion is a re-enactment of the Last Supper, the final meal that Jesus Christ shared with his disciples before his arrest, and crucifixion.
- Giving his disciples bread and wine during the meal, Jesus commanded his followers to "do this in memory of me" while referring to the bread as "my body" and the wine as "my blood".
- Through this celebration, Christians remember Christ's sacrifice of himself on the cross, by partaking in the Body of Christ, the bread; and the Blood of Christ, the wine.



- <http://request.org.uk/life/spirituality/roman-catholic-mass/>



## • Preparations

- It is essential that your child is prepared to receive this special Sacrament in the correct way.
- **School** : We prepare your children in school using our scheme 'Learning and Growing as the people of God' your child will learn about the Sacrament of First Holy Communion.
- **Church**: It is really important that you take your child to Mass regularly before and after they receive the Sacrament.
- **Home**: Encouraging the journey of faith at home can include things such as praying as a family or taking time to reflect on how your family practices their faith.



# Key Dates

Date	Time	Activity	Location	Led By
27 <sup>th</sup> February 2019	3.30pm	Parents Meeting	STEM room	ZC/PJ/CB
3 <sup>rd</sup> March 2019	10.30	Enrolment Mass	SMG Church	Father Kevin
5 <sup>th</sup> March 2019	9.30am	Preparation Session 1 – FHC and the Mass.	SMG Church	Pat Johnson
25 <sup>th</sup> March 2019	10am	Mass then Reconciliation	SMG Church	Father Kevin
9 <sup>th</sup> April 2019	9.30am	Preparation Session 2 –FHC and Reconciliation	SMG School	Pat Johnson
17 <sup>th</sup> May 2019	1.30	Preparation Session 3 – Rehearsal and final questions	SMG Church	Pat Johnson
19 <sup>th</sup> May 2019	9.00	First Holy Communion Mass	SMG Church	Father Kevin



## • On the day...

- First Holy Communion Mass 19<sup>th</sup> May 2019:
- Please **arrive by 10:10am** at the latest.
- Spaces will be reserved for each family.
- Dress code: girls to wear cream/white, boys may wear a white shirt and trousers with a FHC 2019 tie. **(The tie will be purchased by school in advance.)**
- Girls may wear white gloves but these must be removed when receiving the Sacrament.





- Questions