

Contents

A Parish Welcoming Rite	4
1 We Gather Together	6
John 6: 1-4, 8-13 <i>The Loaves and the Fishes</i>	
We Pray the Mass: <i>The Mass Begins</i>	
<i>Family Focus:</i> Helping your child prepare	
Preparing for Jesus Activity	
2 We Listen	14
Psalm 148: 1, 3, 7, 9, 10, 13 <i>We Praise God</i>	
We Pray the Mass: <i>The Liturgy of the Word</i>	
<i>Family Focus:</i> Listening to God's word	
Praise God Activity	
3 We Give Gifts	22
Matthew 6:25-32 <i>God's Gifts</i>	
We Pray the Mass: <i>The Preparation of the Gifts</i>	
<i>Family Focus:</i> Bringing our gifts to the altar	
Gifts to God Activity	
4 We Remember	30
Luke 22:19-20 <i>The Last Supper</i>	
We Pray the Mass: <i>The Eucharistic Prayer</i>	
<i>Family Focus:</i> Celebrating the real presence of Jesus	
Family Meal Activity	
5 We Receive Jesus	38
Luke 11:1-4 <i>The Our Father</i>	
We Pray the Mass: <i>The Communion of the Mass</i>	
<i>Family Focus:</i> Receiving Jesus in Holy Communion	
Communion Keepsakes Activity	
<i>How to Receive Holy Communion</i>	
6 Jesus Is With Us Always	48
Matthew 5: 14-16 <i>You Are Light</i>	
We Pray the Mass: <i>The Mass Ends</i>	
<i>Family Focus:</i> Understanding how to live the Eucharist	
Sundays with Jesus Activity	
A Sending Forth Rite	56
Summary: I Will Remember	58
Preparing for Jesus Booklets	59
Nicene Creed and Apostles' Creed	71
Prayers Before and After Communion	73
First Communion Invitation	75
First Communion Memories	77
First Communion Certificate	79
Activity Cutouts,	
Mass Cutout	
"My First Communion Song"	
Back of Book	
Inside Back Cover	

We Listen

Let's sit in a listening circle.
Think of sounds that make you happy.
What might they be?

A church bell ringing?
Your mother singing?

The summer wind sighing?

A sea gull crying?

A happy song playing?

Your own voice praying?

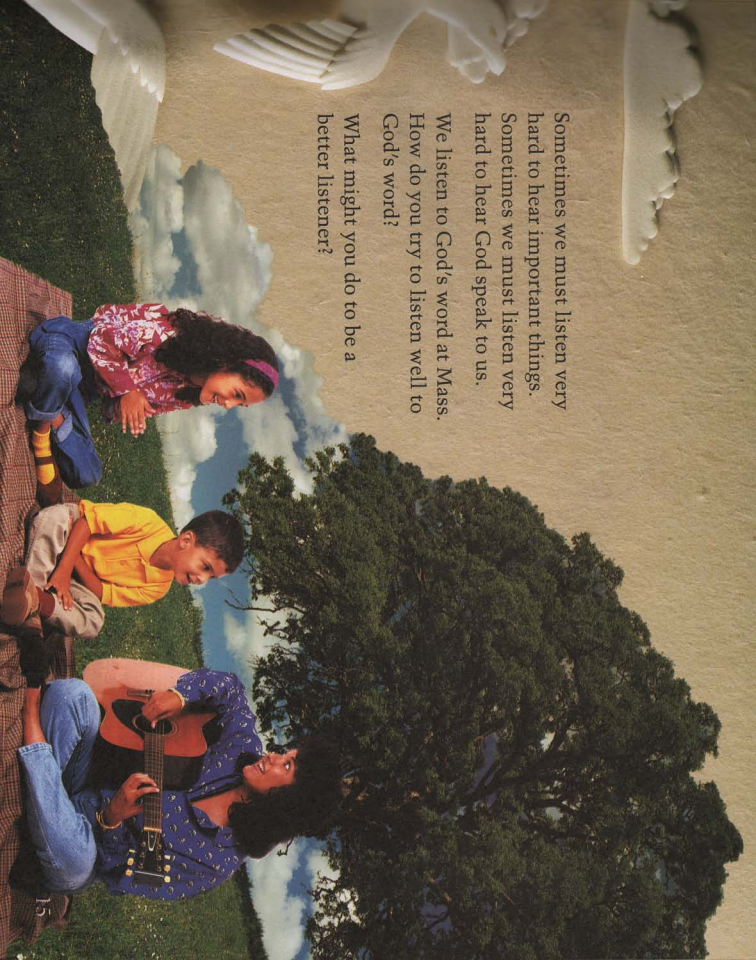
Name your favorite sounds.
Tell why you like them.



Sometimes we must listen very
hard to hear important things.
Sometimes we must listen very
hard to hear God speak to us.

We listen to God's word at Mass.
How do you try to listen well to
God's word?

What might you do to be a
better listener?





Listening to God's Word

Here is a song from the Bible.

It is called a psalm.

Jesus often listened to these words
when He was your age.

Listen to the psalm.

Praise the Lord from the heavens,
praise Him in the heights.

Praise the Lord, sun and moon,
praise God, you shining stars.

Praise the Lord, great whales,
praise Him, all fish of the sea.

Praise the Lord, all mountains and hills,
praise God, all animals, all birds that fly.

Praise the Lord, all people everywhere!

Praise God always!

Based on Psalm 148: 1, 3, 7, 9, 10, 13

Can you imagine how the sun and
the stars praise God?

Imagine how whales and lions
and eagles praise God!

How can we praise God?
Put yourself in the picture,
praising Him.





God's Word at Mass

We listen to readings from the Bible at Mass. During the Liturgy of the Word, the word of God is read to us from the Bible. We listen and pray a psalm, too.

Before the gospel is read, we join with our parish family in song. We sing "Alleluia" to say how happy we are to listen to the good news. In the gospel we hear the good news of Jesus Christ, the Son of God.

We listen as the priest or deacon explains what God's word means for us. This is called the homily or sermon. Then all together we proclaim our Catholic faith in the Creed.

During the Prayer of the Faithful we pray for the Church, our leaders, and all people. We pray quietly for our own needs, too.

This ends the Liturgy of the Word, the first part of the Mass.



The Liturgy of the Word

After the first and second reading,
the lector says:

The word of the Lord.

We answer:

Thanks be to God.

After the Gospel, the deacon or priest
says:

The Gospel of the Lord.

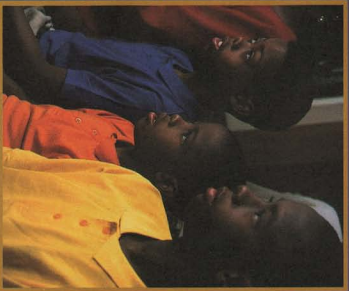
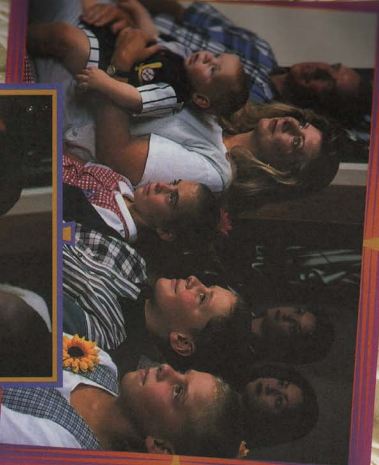
We answer:

Praise to you, Lord Jesus Christ.

We all stand to make our Profession of
Faith. (See the Nicene Creed on page 71.)

After the Creed, we say the Prayer of the
Faithful. We usually say after each
prayer:

Lord, hear our prayer.



Praying and Listening

What would you like to pray for at the Prayer of the Faithful?
Write your prayer here.

For _____

Take turns reading your prayers aloud. After each one, answer together:

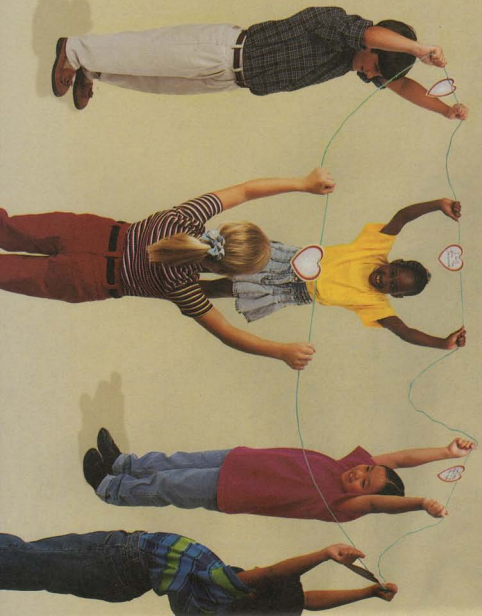
"Lord, hear our prayer."

Cut out the heart in the back of the book. Write on it one way you will be a better listener at Mass. Join your heart to all the others on a string.

Now gather in your prayer circle. Hold the string of hearts up high as you sing this listening song.

(To the tune of "Frère Jacques")

♪ We will listen, we will listen
To Your word, to Your word.
Speak and we will hear You,
Jesus, give us all a
Listening heart, listening heart. ♪



Family Focus

After the Introductory Rites at Mass, we begin the part of the Mass called the Liturgy of the Word. The Church teaches us that God is present to us in a unique way in Scripture. The first reading is from the Old Testament (or, in the Easter season, from the Acts of the Apostles in the New Testament). It is followed by the psalm, a response to God's word. The second reading is from the letters of the New Testament. Then we stand for the proclaiming of the gospel, the good news of Jesus Christ. We respond by affirming our belief in the Creed and by asking God's help in the *Prayer of the Faithful*.

1. The theme of this chapter is listening. Go through the lesson with your child. Read aloud especially the opening poem (page 14) and the psalm (page 16).
2. Help your child understand that sometimes it is hard to listen, especially when the words are too difficult. Encourage your child to listen to the readings at Mass this week. Afterward talk together about what you both heard for your lives in the Liturgy of the Word.
3. Encourage your child to tell you about the promise to listen well at Mass this week. Sing the listening song together on page 20. Then do the **At Home** activity.

At Home

Make a bookmark like the one you see here. Decorate your bookmark. Write these words on it:

Praise
God
Always!

Remember these words and share them with others.
Keep your bookmark in your First Communion book.

