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# JESUS INVITES ME TO THE FEAST

## MY FIRST EUCHARIST JOURNAL

Christine Way Skinner



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# Contents

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# Getting Ready

**J**esus has invited you to join him at the feast of the holy Eucharist. For the next few months you will travel an important journey of prayer and learning. At the end, you will be ready to celebrate your first holy Communion and meet Jesus in the sacrament of Eucharist with the rest of your parish family.

As part of your preparation, you will complete this journal at home with your family. When your preparation is complete, not only will you have learned a lot about what this sacrament of Eucharist means, but you will have a wonderful “memory book” to remind you of this special time in your life.

This journey toward your first Eucharist is not a journey you walk by yourself. It is a journey on which you have many, many companions—family, friends, teachers, and members of your parish family. With God as our loving parent, we are all brothers and sisters. We try always to love one another and support one another.

One of the ways we support one another is through

prayer. As you prepare for your first Eucharist, here is a prayer you and your family can pray together before your evening meal.



*LOVING GOD,  
please bless your child*

---

[write your name here]

*who is preparing for  
first holy Communion.*

*Keep him/her always close to you.  
Give him/her the strength and courage  
to follow your Son, Jesus.*



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**Throughout the world, children your age are beginning to prepare for their first Eucharist.**

**Use the box below to collect signatures or pictures of other children from your parish who are preparing for this sacrament.**





## Part One

# Our Journey Begins at Baptism

**W**hen we first began our journey toward receiving Jesus in the Eucharist, most of us could not even walk. On the first part of our Christian journey, we were carried! Where did that journey begin? At our baptism, that's where.

Let's look back at those first steps you took as a Christian. You and your parents can fill in the following section together.

**I came to live on this planet on this day:**

---

From the first day you were born, you were a child of God. But your parents wanted the whole world to know what a special child of God you were, and they also wanted to teach you to be a follower of Jesus. So they brought you to church to become a Christian, a member of the Catholic faith.

**The day I was baptized:**

---

**The church in which I was baptized:**

---

**The priest or deacon who baptized me:**

---

Your parents knew raising a child to be a follower of Jesus would be a big job, so they chose people to help them. The Church calls these people godparents.

**My godparents are:**

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**My parents chose them to be my godparents because:**

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**Paste or draw a picture of your baptism on this page.**



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**Place a copy of your baptismal certificate on this page.**





# The symbols of baptism

The symbols of the sacrament of baptism tell us what the sacrament means.

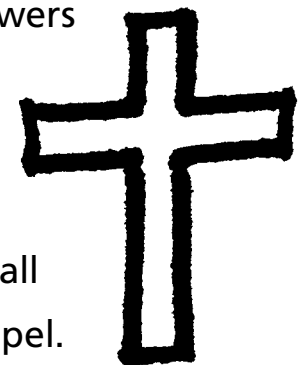
You have **godparents** because your parents need lots of support and guidance to raise you as a Christian. This is not a job to be done alone!



**Draw or paste a picture of your godparents here.**

When you were baptized, the presider made the **Sign of the Cross** on your forehead. Your parents and godparents did the same. This reminds us that we are all followers of Jesus.

Then everyone listened to the **Word of God** and offered prayers that we would all be faithful followers of the Gospel.



**Draw or paste a picture of someone reading from the holy Bible here.**

After listening to God's Word, a **Litany of the Saints** might have been sung to remind us that all the wise and holy people who have gone before us support us in our desire to be Christians.

Next we prayed you would be protected from all evil and harm. The presider anointed you with the **Oil of Catechumens**



as a sign of strength. Since oil stains can be permanent, the oil also reminds us of the mark of God's love that stays on our souls forever. God will never abandon us, even if we forget about God.

## Ritual Connection

### A Litany of the Saints

**Leader:** Holy Mary, Mother of God,

**Response:** Pray for us!

**Leader:** Saint Joseph,

**Response:** Pray for us!

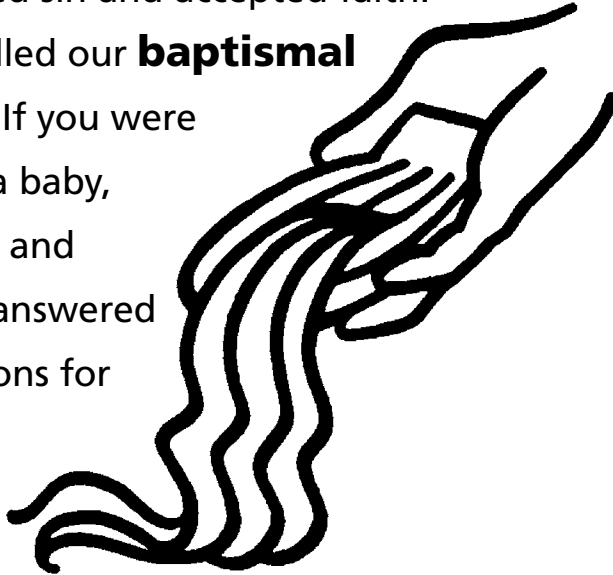
**Leader:** All holy men and women,

**Response:** Pray for us!

The presider then blessed the water that would be poured over your head. He asked if you rejected sin and accepted faith.

These are called our **baptismal promises**. If you were

baptized as a baby, your parents and godparents answered these questions for you.



## Ritual Connection

### Renewing My Baptismal Promises

**Leader:** Do you say “no” to sin?

**Response:** I do.

**Leader:** Do you believe in God the Father, Jesus, his only-begotten Son, the Holy Spirit, and the Church?

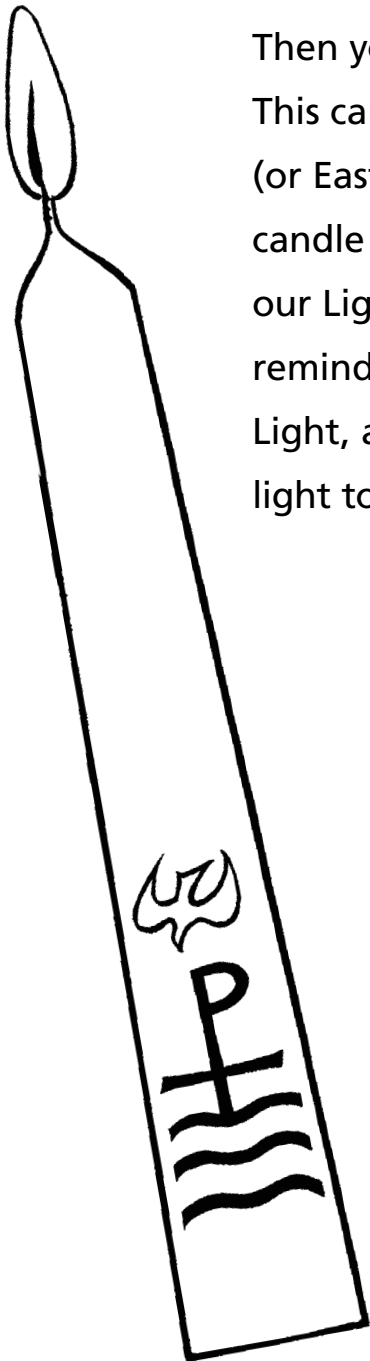
**Response:** I do.

The most important moment of your baptism was when the presider poured **water** over your forehead and baptized you in the name of the Father and of the Son and of the Holy Spirit.

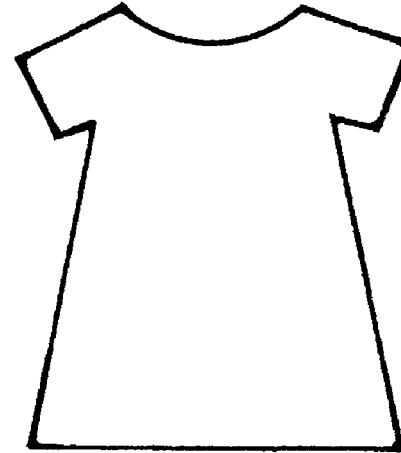
**Cut out a picture of water from a magazine and paste it here.**

Then you were given a **candle**.

This candle is lit from the paschal (or Easter) candle. The paschal candle is the symbol of Jesus our Light. The baptismal candle reminds us that Jesus is our Light, and we should bring his light to the world.



The presider then pointed out the **white garment** you were wearing. This garment reminds us of the new life we all have in Jesus.



**With your baptism,  
you officially became  
a member of the Church!**

# God called you by name

Each one of us is unique and special to God. God knows each one of us by our name. God told the prophet Isaiah how very, very precious each one of us is. This is what God said to the people:

*Do not fear, for I have redeemed you; I have called you by name: you are mine. When you are in danger, I will be with you. I am the Lord, your God. I would trade nations for you. Because you are precious in my eyes and honored, and I love you. (See Isaiah 43:1–4.)*

At your baptism, you were given your name and “officially” called by that name for the first time.

**My name is:**

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**My name means:**

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