



First Holy Communion Preparation 2021 Parents' Guide Sheet

Chapter 11 – To Love and To Serve

N.B. Chapter 11 in the children's book should be completed by Saturday 17 April 2021

Session 6, Chapter 11 – To Love and To Serve

This chapter concentrates on getting the children to think about their sponsors and to say thank you to those who have been praying for them during their preparation. It looks at the command given to people at the end of Mass to go out to love and serve the Lord when the priest says, "Go in peace, glorifying the Lord by your life" and we say, "Thanks be to God".

In that short exchange, we are accepting a mission to take the graces and blessings received during Mass out, into our world and into our daily lives – to be the hands and the feet of Jesus in everything we do.

As there is only one chapter, there is also a chance to focus on re-capping our child's understanding of the Mass, the responses and the keywords and to finish off any gaps in their special "I Belong" book.

Some questions to ask / discuss to get started:

Q. What simple direction are we given at the end of Mass?

A. To "Go in peace"

Q. What did Jesus do when his disciples went fishing?

A. Jesus helped them catch a huge number of fish. He shared a meal with them and invited them to feed others ("feed my lambs and sheep" – the poor and the helpless).

Then open-ended questions:

Q. What does it mean for us to be Jesus' hands and feet?

A. Allow your child to just give their own thoughts as to what the answer could be. They might make the link with Mass, that they have received strength from Jesus, which they should now pass onto others or that it is important to live as Jesus taught us and to show others that they are loved.

Old Testament Reading:

The Promised Land - When the people of God settled in the Promised Land, they found it wonderful after the desert, there was plenty to eat and drink for everyone. The People of God always tried to be kind to poor and people and strangers.

New Testament Reading:

The huge catch of fish – This story is a model of the Eucharist. Christ feeds us and asks us to do likewise – "feed my lambs and sheep". If we are fed spiritually by accepting Jesus into our lives, we must go and feed others.

After you have gone through the chapter and completed the quiz you may consider doing some of the following:

Go through the prayers and the meaning of key words – all are at the back of the *I Belong* book.

Find out about inspirational people who have who have really helped other people e.g. Mother Teresa.

Talk about how each member of the family could show kindness to another family member.

Check if your child understands why they are making their First Holy Communion and the celebration you will have a family.

