

First Holy Communion

Session 1: Introduction

Hello and welcome everyone. I'm Clare and I am your catechist, helping you prepare for your First Holy Communion. It must feel a bit strange listening and looking at me on a screen like this. You might notice me looking at my notes from time to time as they are next to the camera! Usually we would be together in the Church hall, but instead we are preparing in our homes. That is not such a bad thing. Our homes and our families are really important to us and this is a wonderful way to bring God into our lives.

So this is the very beginning of your First Holy Communion preparation. How exciting! This is the start of your journey. I remember when I was 11 I was asked to do a piece of writing when I started secondary School. The title was 'A significant day in my life'. I chose to write about my First Holy Communion. Even though this was a long time after, I remembered the day vividly and knew it was special. I hope it will be for you too.

For this session, you will need some paper, pencil and some colouring pencils too. Press pause while you gather these resources together. Press play when you're ready to start.

Can you think of any special significant and special days in your life? These might be birthdays, family celebrations, days out. I'm sure we're all thinking about Christmas now too! Perhaps you can ask your grown-ups with you of significant occasions in their lives too. Press pause and discuss these with your family. Why are these days and occasions particularly important to you and your family? Draw a picture of one of these moments and label it. Press pause and then play again when you are ready.

Keep these pictures safe, we will refer to them at another session. I am sure it was enjoyable to relive some of those moments. It was probably nice to hear about special memories of others too. You might have mentioned being with family and friends. You might have discussed feeling a of belonging. Perhaps you felt a sense of achievement – something that you had worked for. Preparing for your First Holy Communion is all those things.

What are you looking forward to in making your First Holy Communion? Press pause and share these with those with you. Press play again when you are ready.

Our preparation will help us to become closer to God and our Catholic family. To help us to start each session in the right way, we will begin with a prayer. Let's write one together now. We start by thanking God for all he has given us. Then we explain what we are doing. Finally we ask God to help us in some way. Use these sentence starters to help you. (Grown-ups - these sentence starters are saved as a

separate Word document on the website.) Your parents will help you. Press pause then press play again when you are ready.

Dear God,

Thank you for...

I am on a special journey to become close to you.

I am looking forward to...

Help me to...

Amen

Great! You might want to display your pictures and prayer at home to remind you of the special journey you have just started. Remember to keep them safe.

Thank you for joining in today. Have a good week, enjoy the end of term. and I will see you next time.
Goodbye!