

Presence – Preparing Your Child for 1st Eucharist

1. Foster a love for the Eucharist & the family.
 - a. Eucharist is the source & summit of:
 - i. the Christian life
 - ii. the family life
2. Keeping Holy the Sabbath
 - a. Do we have to go to mass EVERY Sunday?
 - b. What is your purpose?
 - i. You were created to be with God in heaven.
 - c. Everything is created for a purpose.
 - d. The Mass is heaven on earth.
 - i. Jesus is there in the Eucharist.
3. Celebrating the Lord's Day (CCC 2172)
 - a. Prep for the Sunday Liturgy.
 - b. Acknowledge the start of the Sabbath.
 - c. Family activities:
 - i. prayer books, read Gospel, gratitude , break bread
4. Discuss scriptures before mass.
 - a. Discuss readings & theme.
 - b. How will this theme change us (practically)?
 - c. usccb.org, "Opening the Word" on formed.org
 - d. Lectio Divina – way of praying the scriptures
 - i. Lectio – read
 - ii. Meditatio – meditate
 - iii. Oratio – pray
 - iv. Contemplatio – contemplate
 - v. Operatio – operate / apply
 - e. usccb.org
 - f. Buy bible for children.
5. Sanctifying the Home
 - a. Orient your life around the liturgical year.
 - i. ex. liturgical color on table / placemats
 - b. Remind students of who they are & who's they are.
 - i. Build a single place - ex. bible, crucifix, picture
 - ii. Place something in each room – decorations

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6. Practical guide to receive the Eucharist.

- a. Practice last month before 1st Communion.
- b. Practice both receiving on hand and on tongue.
- c. Receiving Body of Christ **on hand**:
 - i. hands nicely folded when walking
 - ii. small bow, when person in front is receiving
 - iii. immediately after bow, make a throne for Jesus
 1. dominant hand on bottom
 2. push hands out to direct presider to place Eucharist in hand
 - iv. say “Amen”
 - v. step to the side
 1. Receive the Eucharist
 2. Make the Sign of the Cross
- d. Receiving Body of Christ **on tongue**:
 - i. hands nicely folded when walking
 - ii. small bow, when person in front is receiving
 - iii. lift head
 - iv. say “Amen”
 - v. stick out tongue
 - vi. step to the side
 1. Make the Sign of the Cross
- e. Receiving **Blood** of Christ:
 - i. small bow, when person in front is receiving
 - ii. take chalice with 2 hands:
 1. on stem
 2. on bottom
 - iii. take a small drink
 - iv. hand chalice back
 - v. Make the Sign of the Cross