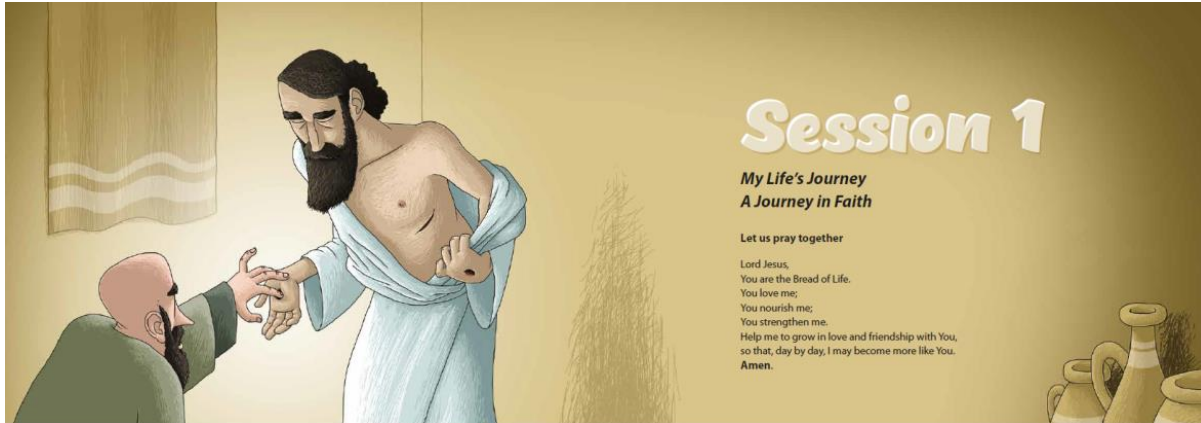


Heart Speaks to Heart: The Gift of Holy Communion

Exploring Session 1 Together



Turn to **PAGE 10** in the *Heart Speaks to Heart* book. There you will see the picture by Si Smith of St Thomas touching the wounds of the risen Jesus. Take a few moments to look at the picture. What do you notice?

Opposite the picture on **PAGE 11** is the opening prayer. Pray this prayer together.

On **PAGES 12-13** there is a conversation between Grandpa and the twins. Read through their dialogue. Read the questions at the bottom of page 13 and try to answer them together. Here are some suggestions to help you to answer them:

How do you feel [as First Holy Communion preparation is starting]?

You may be feeling excited or nervous. Have a look at the Feelings Chart: do you recognise how you are feeling in any of the pictures?

What are you looking forward to?

Some answers may be: talking about and finding out more about the faith, about the Mass, about Jesus; the actual day of celebration of First Holy Communion; etc.

Do you have any different questions you want to ask?

For example: What do I need to do to receive Holy Communion? Future sessions should help to answer this question.

Turn to **PAGE 14**. This page introduces the session's virtue, which is faith. Read the page together. We will think more about this virtue later in the session.

Look at **PAGES 16-17** where there's a story from the Bible about Jesus healing. You will notice a large blank space on page 17. This space is where the children can write or draw thoughts which come to them as the story is read. It may simply be words from the story (as on page 16 where the words 'Jesus heals' fill the space).

This activity is called Bible Journaling. You may like to Google *Bible Journaling* to get more ideas about what to do on these pages.

Before you read the story, read the instructions at the top of page 16.

After reading the story:

- Talk together about the words that have been underlined
- Decide what you want to write and draw in the blank spaces
- Begin to put words and designs into the spaces (in pencil).
- Finish off the designs and add colour later

Turn to **PAGE 18**. Read what it says there about handing on our faith. At the bottom of the page there are some questions. Talk together about these questions. Here are some suggestions to help you to answer them:

1. How does your friendship with someone grow? What do you do? What do they do?

It may help you to think of a great friend and think about the things they do. Are they kind? Do they listen? Do they support you? Do they spend time with you? Do you have fun together?

2. How does our friendship with Jesus grow?

Do you spend time with Him in prayer? Do you listen to Him? Do you want to tell others about Him?

3. Who has helped you to become friends with Jesus and grow in faith?

Someone in the family? A friend? A godparent? A teacher? Your priest?

4. How did they show that they were friends with Jesus? What did they say? What did they do?

They are kind. They are loving. They take time to pray. They go to church to be with Jesus there.

Complete the word search on **PAGE 19**. Ask for help if you are struggling.

Turn to **PAGE 20**. Read this page and talk together about the questions as you come across them. Here are some suggestions to help you to answer them:

On Baptism:

1. What do you know about your own Baptism?

Someone who was there may be able to help you answer this question. There may be family photos too. Important parts of the Baptism ceremony are: the baptising with water (poured three times, baptising in the name of the Father, the Son and the Holy Spirit); the anointing with holy oils to mark the child for Christ and as a member of Christ's Church; the clothing in a white garment; the gift of a candle, the light of Christ to guide us through life.

2. Who has helped you to grow in faith and friendship with Jesus since your Baptism?

Someone in the family? A friend? A godparent? A teacher? Your priest?

3. How have they helped you?

By their kindness and love; by talking about Jesus and teaching me to pray; by taking me to church and worshipping with others; etc.

On Reconciliation:

Remember another word for Reconciliation is Confession.

1. What do you remember about your First Reconciliation?

It may be: how you felt (e.g. nervous before and at peace afterwards); that the priest was kind; a party you had to celebrate.

2. How does Reconciliation help you to stay friends with Jesus and to grow in faith?

When we hurt our friends by what we say or do, we damage our friendship. It's the same with Jesus: we harm our friendship with Him when we sin and say or do bad things. To mend our friendship we need to say sorry and do something to 'make up' and heal our broken friendship. The Sacrament of Reconciliation is the way that we make friends with Jesus again.

On the opposite page (**PAGE 21**) there's this session's Treasure Hunt.

- Download the Treasure Hunt sheets for Session 1.
- Fill in the boxes on the sheets by describing the Treasure Hunt objects (in words or with drawings). Googling the words on page 21 or finding them in the Glossary will help you to do this.
- Next time that you are in church, you may be able to draw or take photos of these 'treasures' in your own church.

Turn to **PAGE 22**. On this page there are suggestions for some activities to do before you start Session 2. Read through this page together and ask for help if you are not sure what to do.

On **PAGE 23** there are prayers to end this session.

Firstly, there is a time of Quiet Prayer:

- Sit quietly
- Close your eyes
- Listen to your breathing
- Quietly and slowly say a few times: ***Jesus: my Lord and my God***
- Allow a period of silence for about 2 minutes
- End the silence, perhaps by making the Sign of the Cross:
'In the name of the Father, and of the Son and of the Holy Spirit. Amen.'

To end the session, pray together the concluding prayer (the ***Hail Mary***) which you will find written out on the right-hand column of page 23.

Stick the 'Faith' sticker onto your Sticker Chart to show that you have completed this first session.