

Heart Speaks to Heart: The Gift of Holy Communion

Exploring Session 6 Together



Turn to **PAGE 80** in the *Heart Speaks to Heart* book. There you will see a picture of a young girl watching food fall from heaven. Take a few moments to look at the picture. What do you notice?

Opposite the picture on **PAGE 81** is the opening prayer. Pray this prayer together.

On **PAGES 82-83** there is a conversation between Grandpa and the twins. Read through their dialogue. Read the questions at the bottom of page 83 and try to answer them together. Here are some suggestions which may help you with the answers:

What First Holy Communion preparation have you been doing at home since last time?

Finishing off my designs for the Bible Journaling. Finding something to put in my backpack. Making entries in my Reflection Book. Doing the Treasure Hunt! Taking time to pray.

In what ways can you make Sunday special?

Going to our local Catholic church to celebrate Holy Mass with our local church family; spending time together as a family; having a special meal to mark a special day; taking time to talk together and/or play together [what games could you play together as a family?]; visiting someone who is sick or lonely or who would appreciate a visit; etc.

How are you feeling as the great day of Your First Holy Communion approaches?

A similar question was asked in Session 1. You may like to try to recall the answers you gave then and compare those answers with how you feel now.

Do you have other questions that you want to share?

Some questions may be: What happens on the day of First Holy Communion? How do we receive Holy Communion? [Note: how to receive Holy Communion will be covered later in this session].

Turn to **PAGE 84**. This page introduces the session's virtue, which is courage. Read the page together. We will think more about this virtue later in the session.

Look at **PAGES 86-87** which tell the story of the people of Israel in the desert and how God fed them with special bread (called manna) from heaven. You will notice blank spaces on these pages. These spaces are where you can write or draw thoughts which come to you as the story is read.

Read the story together, the children underlining (in pencil) words that stand out for them. Begin to do 'Bible Journaling' in the spaces provided. Finish off your designs and add colour later.

Turn to **PAGE 88**. Read what it says about Jesus, the Bread of Life. At the end of this page there are some questions. Talk together about these questions. Here are some suggestions to help you to answer them:

1. Who do you consider to be a person of great courage? How does that person show courage?

This may be someone you know well or it may be a well-known person from the past or present who you think has shown great courage.

2. What helps to make you stronger and more courageous?

My faith in Jesus, knowing that He is always there and will not let me down; the support of good and true friends and family.

3. In what ways did Jesus show courage?

Jesus stood up for what was right and true and always showed love for those that other people did not like or respect, people like Zacchaeus the tax collector or the thief who died beside Him on the cross. Jesus bravely faced suffering and death to show us how much He loves us and wants us to be His friend.

4. In Holy Communion Jesus remains with us. How does it make you more courageous to know that Jesus remains with you always?

Because Jesus remains with us, he is like a true friend who will always be with us whatever happens. His bravery in the face of great hostility (especially in Jerusalem before His crucifixion) is a great example for us.

Read **PAGE 89** together. This page explains what happens as we receive Holy Communion during Holy Mass and then are sent out from Mass to bring Christ's love to others. In the right-hand column there is a statement which your child is asked to complete.

Sent out from Holy Mass ... I will have the courage to:

Some suggestions for answers are given at the bottom of the page.

Turn to **PAGES 90-91**. Read through these pages together. They are about what we need to do when we receive Holy Communion. A card called *How to Receive Holy Communion* is available online for you to download. The card gives more details about what to do during Holy Communion in normal circumstances.

You will need to be aware of restrictions which may be in place due to Covid-19. In these circumstances, it is likely that Holy Communion will only be given under one kind (the Body of Christ), on the hand and without speaking (those receiving Holy Communion do NOT say 'Amen'). Your priest and catechists will give you more information about this. It is useful, though, to know about how to receive Holy Communion in normal circumstances when restrictions are removed.

Note that there is no Treasure Hunt in this session. Learning about and practising what to do to receive Holy Communion replaces the Treasure Hunt.

Turn to **PAGE 92**. On this page there are suggestions for some activities to do before you start Session 7. Read through this page together and ask for help if you are not sure what to do.

On **PAGE 93** 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: ***Lamb of God, have mercy on us***
- 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 (***My Jesus, I give you myself. I give you my body and soul ...***) which you will find written out on the right-hand column of page 93.

Stich the 'Courage' sticker onto your Sticker Chart to show that you have completed this sixth session.