

**How to Use
Our Sunday Visitor's
First Communion Family Poster
and
Catholic Parent Know How: Preparing Your Child for First Communion
For Parent and Family Meetings**

Opening Prayer: Pray “Prayer at Our Family Table” from Family Poster

Welcome Message: (Look at page 2 of *Catholic Parent Know How* for ideas)

Presentation: Use pages 3-6 as your handout during the meeting or highlight these points and distribute the *Catholic Parent Know How* before the session ends.

Introducing the Family Poster: In addition to a craft, discussion, and or project, introduce the Family Poster to the children and their families. Invite the children to write their name at the top or draw their picture in the space provided. You may even take pictures of the children during this time and have them paste the pictures on the poster. This activity is especially helpful if you have the adults and children meet separately during this session. Remind parents that the back-side of the poster contains important information on how to use this resource throughout First Communion Preparation.

Practical Information: As you know, parents can focus on what a child needs to wear or what time a service is and miss out on *why* their child is preparing to receive the Eucharist. Pages 6-8 of the *Catholic Parent Know How* addresses these concerns in an appropriate manner. You may wish to include any additional information that applies to your program here.

Closing Prayer: Inviting the children to begin using their poster, pray the Lord's Prayer, which appears just above the chalice.

Meeting Extension/Reflection: If you are looking for an additional activity during the meeting, use the following reflection when connecting the parts of the Mass to our daily lives.

The Gathering Rite

- Who do we know as we look around at the beginning of Mass?
- Who do we belong to?
- Is our family bigger than those we “know?”

The Penitential Rite

- Jesus said to leave our gift at the altar; go and be reconciled. Do you need to say “I’m sorry” to someone?

Scripture readings

- What word is in your heart today?
- What word did you hear in this weekend's Scripture?
- What will you do this week because of that word?

Homily

- If you were giving the homily about this weekend's Scripture readings, what would you say?

Creed

- What do you believe about God? Jesus? the Church? Yourself?
- Pray the Creed or parts of it together for your family prayer.

General Intercessions

- Who is in your prayers?
- What will you do for them after you pray for them?

Presentation of the Gifts

- What gift of yourself do you bring this week to Mass?
- What talent did you share with someone this week?

Preface

- For what/whom are you grateful?
- For what do you praise God?

Eucharistic Prayer

- What gives you life?
- When does God give you life?
- What are your dreams?
- What are God's dreams for you?

Sign of Peace and Communion Rite

- Amen is "yes" to three things: real presence of Jesus in the bread and wine, presence of Christ in us, presence of Christ in others.
- Because of your "Amen," how do you feel?

Blessing and Mission

- How will your week be different because of celebrating Mass this week?

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