

This book belongs to

[NAME]

I will receive my first
Holy Communion on

[DATE]

at

[PARISH]



I am the bread of life;
whoever comes to me will never hunger,
and whoever believes in me will never thirst.

JOHN 6:35

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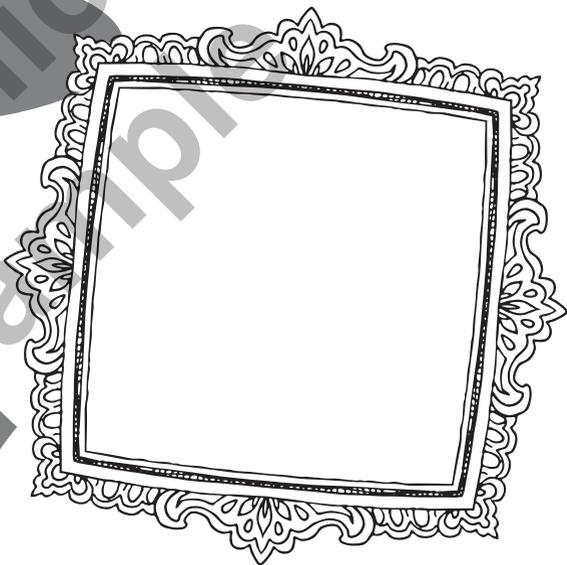
I love my family



MEET CHARLIE.

Charlie goes to Mass with his family every Sunday. His mom, dad, and older sister receive Holy Communion. Charlie goes to the altar with them and gets a blessing. Charlie can't wait to receive Jesus, just like everyone else.

How about you?
What do you like to do with your family?
Draw a picture of your family doing something you enjoy together.



“For you are our glory and joy.” 1 THESSALONIANS 2:20

Maybe your family is a little like Charlie's. Or maybe your family is different from his. But did you know that you're both part of the same family?

When you were baptized, you became a child of God. So you belong to God's great, big family. That's the Church. Kids and grownups all over the world belong to this big, loving family.



Can you find the country where you live? Draw a heart there. Then color in the map and Jesus' words all around it.



“GO

... AND MAKE **DISCIPLES** OF **ALL NATIONS**, BAPTIZING THEM IN THE NAME OF THE FATHER AND OF THE SON AND OF THE HOLY SPIRIT.” MATTHEW 28:19

I am part of God's family



When Charlie goes to Mass,
he sees his buddy Pete.

Charlie and Pete go to
the same school.

They play on the same
baseball team.

They even look alike!

Sometimes people think

Charlie and Pete are brothers.

Even though Pete and Charlie
come from different families,
they are part of God's family.

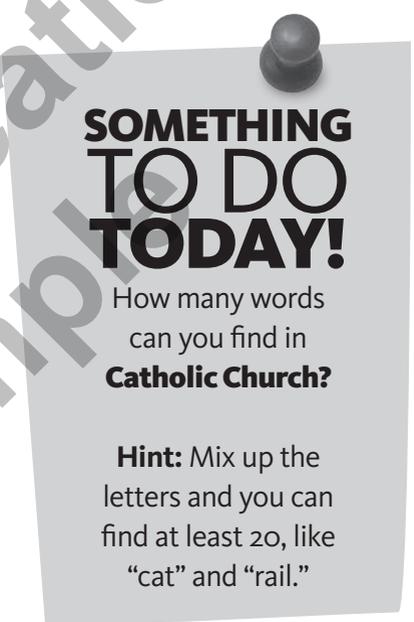
So they are brothers,
in a very special way.

We are all brothers and
sisters in God's family.

God's family is the Church.

It has a special name.

You might say it's our
family name.



SOMETHING TO DO TODAY!

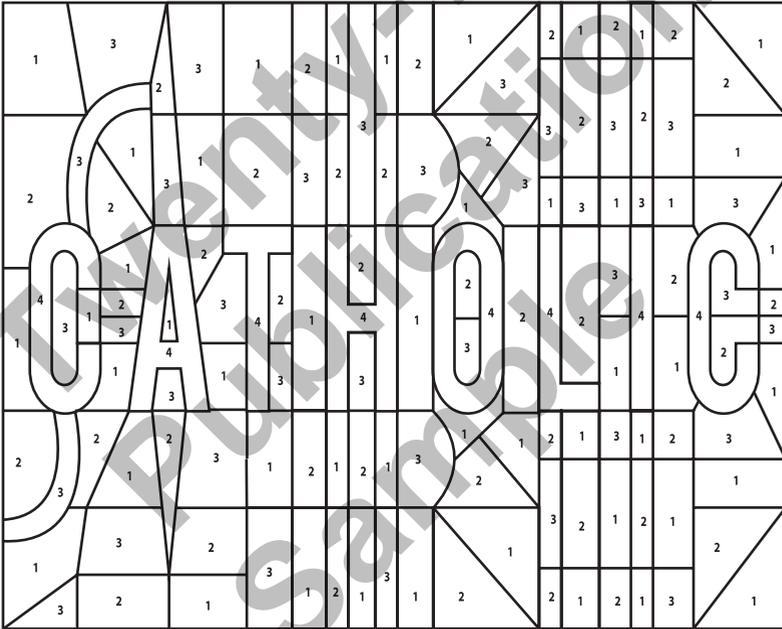
How many words
can you find in
Catholic Church?

Hint: Mix up the
letters and you can
find at least 20, like
"cat" and "rail."

CATHOLIC MEANS

Color all the spaces in the picture to see what our Church family name is:

1= RED ■ 2 = BLUE ■ 3= GREEN
4= YELLOW



“FOR EVERYONE.”

I am a Child of God



Charlie's favorite day is his birthday. There's cake, a party, and, of course, presents! His mom says another day is special, too. It's the day Charlie was baptized.

Your baptism is a special sign of God's love for you. Baptism is a **sacrament**. Sacraments are **signs** of our family life with God. Signs are important. They show us that something big is happening.

Here's what the priest says when you are baptized:

“The Christian community welcomes you with great joy. I claim you for Christ our Savior by the sign of his cross.”

Can you match the sign with the sacrament?
Draw a line from the road sign to the sacrament.



I follow Jesus



Charlie and his sister Mary do chores around the house. A family job chart shows them what to do.

Everyone in Christ's family has jobs too. When we are baptized, our godparents promise to help us with these jobs. They are **baptismal promises**.

Our jobs are to love and serve Jesus. So we love others and stay away from sinful things. Pretty simple, huh?



**SOMETHING
TO DO
TODAY!**

Do something helpful around the house without being asked.



Jesus shows us the best way to do our jobs. He tells us,
“Love your neighbor as yourself.”

MATTHEW 22:39

Here's a special job chart for God's family.
Fill it in so you know what to do.

I love Jesus. Here's how I will work with him:

AT HOME

AT CHURCH

AT SCHOOL

IN MY NEIGHBORHOOD

I spend time with Jesus



Charlie and his sister
have a special aunt they
love very much.

Aunt Cindy spends lots of fun
times with Charlie and Mary.

We spend time with our
Catholic family at Mass.

Jesus is there too. He's there
in the words of Scripture that
we read. He's there in the Holy
Communion that we receive.

He's happy to gather his whole
family together at Mass.

It's one big family celebration!

Eucharist (YOU-ka-
rist) is another word for
Holy Communion.

It is a sacrament, just like
baptism. Remember that
a sacrament is a sign of
something important going on.

The "something important"
is Jesus! You'll receive
Jesus when you receive
Holy Communion.

The Mass is the Church's most important celebration.

We love the Mass!

Eucharist has many meanings. Do the mystery challenge to find one of them. In the spaces below, write the letters that match the numbers.

A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13

N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26

_____ =

5 21 3 8 1 18 9 19 20

20 8 1 14 11 25 15 21



SOMETHING TO DO TODAY!

Think about the last time you were at Mass. What do you remember most?

I greet Jesus



When Charlie sees Aunt Cindy, he gives her a hug. Hugs are great, aren't they?

They help us show our love for each other.

At Mass, we greet God and show our love for him by making the Sign of the Cross.

Can you make the Sign of the Cross? Try it now.

Use your right hand to touch your forehead as you say, "In the name of the Father."

Touch your chest as you say, "and of the Son." Then reach across and touch your left shoulder as you say, "And of the Holy..." Then touch your right shoulder as you say, "Spirit."



- 
- 1 In the name of the Father,
 - 2 And of the Son,
 - 3 And of the Holy
 - 4 Spirit.

We make the Sign of the Cross
to greet Jesus, and to show the
world that we belong to him.
What other ways can you show
the world you belong to Christ?

I belong to Christ!

Feed the hun_ _ _ _.

Visit the s_ _ c_ _.

Clothe the p_ _ _r.

Forgive my n_ _ _gh_ _or.

I share with God



Aunt Cindy and Charlie share what's going on in their lives. Sometimes Charlie tells Aunt Cindy about school and baseball. Sometimes Aunt Cindy shows Charlie something neat she found at a garage sale.

In a way, we do the same thing at Mass. After we greet God, we pray to him about what's going on in our lives. In our hearts we think of times we may have hurt God by sinning. We ask God to heal us and forgive us when we say:

**Lord,
have
mercy.**

Christ, have

_____.

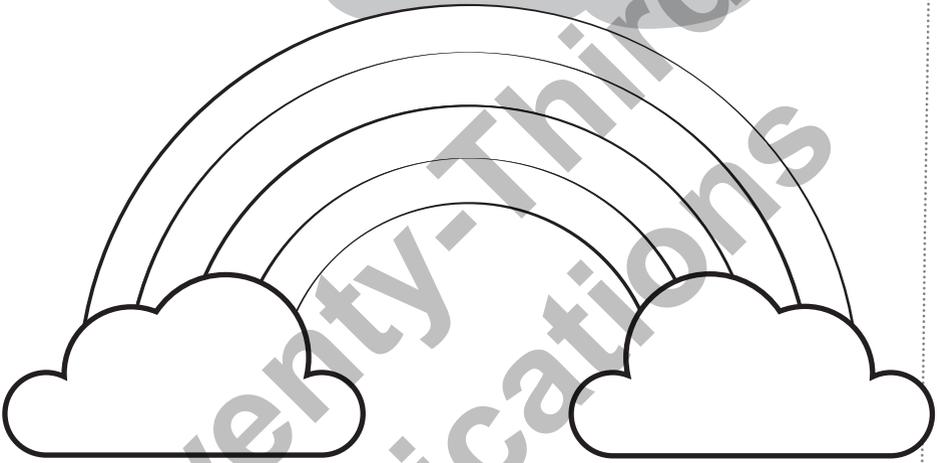
Lord, have

_____.



At certain times of the year, we praise and thank God for his goodness when we sing or say the Gloria.

But, oops! The words to this prayer are mixed up. Can you put them in order and write them in the rainbow?



**highest
to
and
people
earth**

**Glory
God
will.
peace
good**

**in
the
to
on
of**

Jesus teaches me

Charlie wants to surprise Aunt Cindy with a gift, but he doesn't know what to get.

"What does Aunt Cindy like to do?" Charlie's mom asks.

"She likes baseball," Charlie says. "And garage sales. And iced tea."

"You know a lot about Aunt Cindy," his mom says. "I can tell you love her!"

When we love people, we want to know things about them. We learn about Jesus by listening to the readings at Mass. And do you know what? Jesus is present for us in these Bible readings in a special way.

Jesus told his friends many stories. One story was about a man walking on a dangerous road. Some robbers came and stole the man's money. They hurt him and left him on the road to die. After a while, a man walked by. "I cannot help," he said, and hurried away. Another man came along. He saw the hurt man lying in the road. He crossed the street so he wouldn't have to help. A third man came along. He was a Samaritan (Sah-MARE-i-tan). Samaritans and Jesus' people didn't like each other. They were enemies. But the Samaritan man stopped and helped anyway.

What do you think of this story?
The Gospel is more than
something we listen to. We act
on it. Look at the pictures and
write down how you would help,
just as the Samaritan did.



We say what we believe ~

After we hear the readings at Mass, the priest or deacon talks about what they mean for us. Then we stand and say what we believe in a prayer called the Creed.

Find the shaded words from the Nicene Creed in the puzzle. The words go left to right, up and down, and diagonally.

The Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

We Believe!

A M P L G C H E A V E N C C
N K A E C M D P O I Q Z H B
O I B O B A P T I S M P Q P
I N N A D R C L Q I G L O R
T G L O R Y S R S B H U F O
A D L I S P O N B L D D A P
V O A K G S N P C E A R T H
L M O Z E H A W Y O S T H E
A D H B A L T K R R Y M E T
S C R I P T U R E S N C R S

I believed,
therefore
I spoke.

2 CORINTHIANS 4:13



SOMETHING TO DO TODAY!

Pick one word from the
Creed that you don't know,
and look up its meaning
in a dictionary.

🌀 We bring gifts to God

Charlie found the perfect gift for Aunt Cindy. It's an iced tea glass with her favorite baseball team logo. And guess what. Charlie found it at a garage sale. Do you think Aunt Cindy will like her gift?

At Mass, we bring gifts of bread and wine to the altar. We share our own gifts with our Church family at the collection. We thank God for all the ways he has saved us.

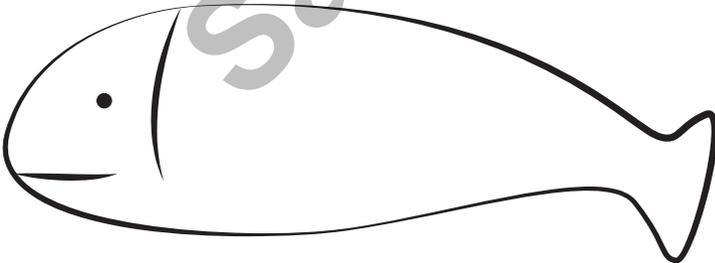
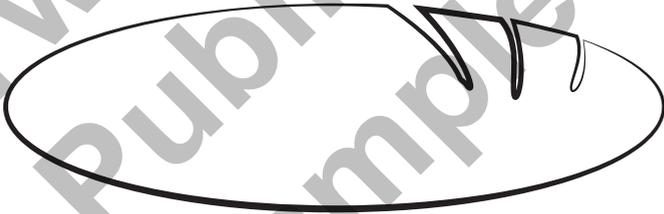
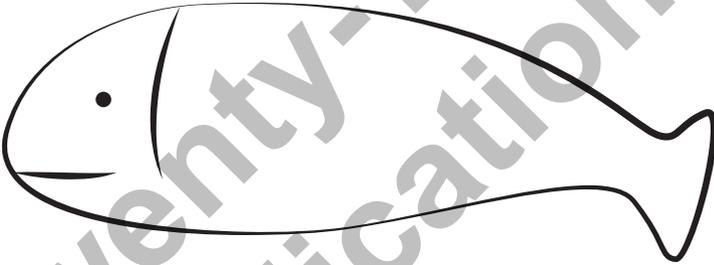
Jesus always shares special gifts. Once, he was speaking to a big crowd of thousands of people.

Jesus saw that they were hungry and wanted to help them. A boy in the crowd had five small loaves of bread and two fish. One of Jesus' friends said it wasn't enough. "What good are these for so many?" he asked.

But Jesus had a plan. He received the five loaves and two fish, said the blessing, and gave everyone some of the food. When everyone had eaten, he told his friends to collect the leftovers.

They filled 12 baskets with leftover bread! All that from a few loaves of bread and some fish.

On the loaves and fish,
write some small things
you can do for Jesus.



We share a meal at Mass

Aunt Cindy has set the table for Charlie and the guests at her party. She put a little gift at each spot for each person.

At the Last Supper, Jesus gave his friends a special gift.

First he told them how much he cared for them, and that he would be with them always.

Then Jesus took some bread.

He blessed it and broke it.

He took a cup of wine and blessed it too. He gave thanks to his Father. Then he gave the bread and wine to his friends.

He said,

**This is my body...
This is my blood.
Do this in memory
of Me.**

His friends ate the bread and drank the wine that Jesus gave them. This special gift was Jesus himself!

Jesus' words show that he wants us to do the same thing he did, for all time! Jesus wants us to gather for a special meal at Mass, just as he did with his friends at the Last Supper. At this meal, Jesus gives us the gift of himself, just as he did for his friends.

Get the table ready!

Here's an altar table,
just like the one you see at Mass.
Can you make it ready for Jesus?

On the altar, draw:

Candles on both sides of the altar

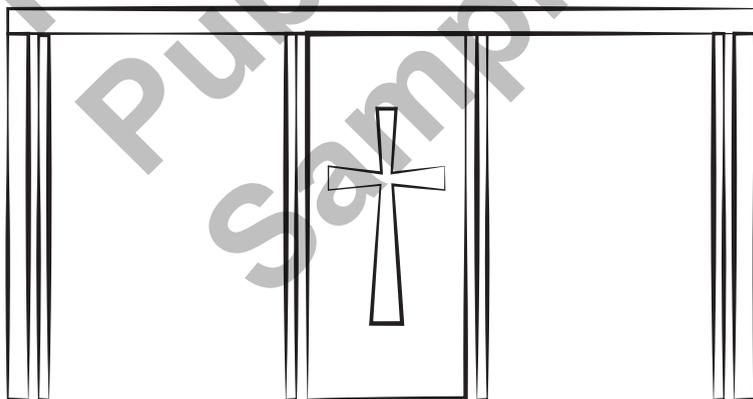
A paten. That's the plate that holds the host (bread).

A chalice. That's the cup that holds the wine.

A large book. This has all the prayers of the Mass in it.

You can also draw a **priest** and **people** around the altar.

Most important, you can draw **Jesus** there.



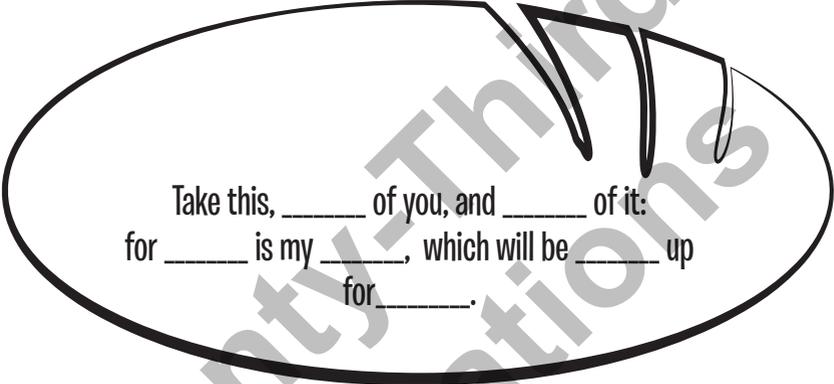
Jesus gives us his body and blood

Aunt Cindy loves her new glass. Charlie watches the clear glass turn color as Aunt Cindy fills it with tea. It changes right before his eyes!

After Jesus shared his last meal with his friends, they went to a garden to pray. But Jesus' enemies didn't like what Jesus had been saying. They came and took Jesus away. The next day, on Good Friday, Jesus suffered and died on the cross. In his death, Jesus offered himself to God. He gave up his body for his friends, and for all of us.

At Mass, the priest says a special prayer over the bread and wine that helps us remember all this. It's called the Eucharistic Prayer. And during this prayer the bread and wine become Jesus' Body and Blood. The Holy Spirit makes this happen through the words and actions of the priest. We can't see any change in the bread and wine. But Jesus is truly present there. Imagine that! And it happens at every Mass!

When the priest says these words, the bread and wine become Jesus! Fill in the words in the bread and grapes and color them in.



Take this, _____ of you, and _____ of it:
for _____ is my _____, which will be _____ up
for _____.



Take this, all of you, and _____
from it: for this is the chalice
of my _____, the Blood of the
new and _____ covenant,
which will be _____ out for you
and for _____ for the
forgiveness of _____.

Do this in _____
of me.

I get ready to receive Jesus



Dear Charlie,
I love my iced
tea glass! I am
so thankful for
your beautiful
gift, but mostly,
I am thankful
that YOU are in
my life!

Love,
Aunt Cindy

On Easter Sunday, when his friends looked for him at the tomb, Jesus wasn't there.

Do you know why?

**Jesus is risen!
Alleluia!**

Think about how happy Jesus' friends were to see him again! That's how we feel when we receive Jesus in Holy Communion. Jesus is with us! When we receive Jesus' Body and Blood, we remember Jesus' death and resurrection. We know that death isn't an end, but a beginning of our joyful new life with him. We are so happy and thankful for this, the greatest gift ever given!

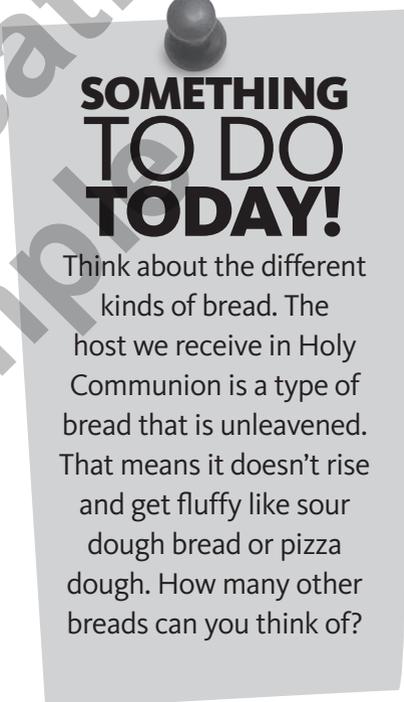
I receive Jesus, the Bread of Life



Next week, Charlie and his friend Pete will receive Jesus in their first Holy Communion. Their families will be there. Aunt Cindy will be there, too. Charlie and Pete are ready. They've been learning about the Mass, and about Jesus. Just like you!

Going to Mass is a little like climbing a beautiful mountain. There's a lot to see along the way, but we are always looking toward our goal—reaching the top. When we get there, Jesus is waiting for us. That's when we receive him in Holy Communion!

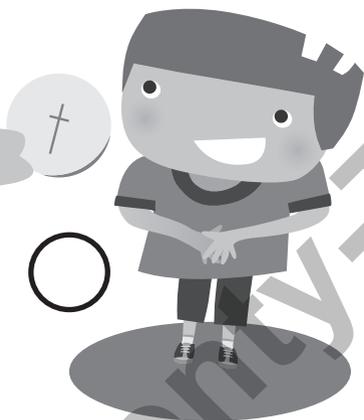
He gives us strength for the rest of our journey. That's our life! Each time we receive Jesus in the Eucharist, we are made stronger.



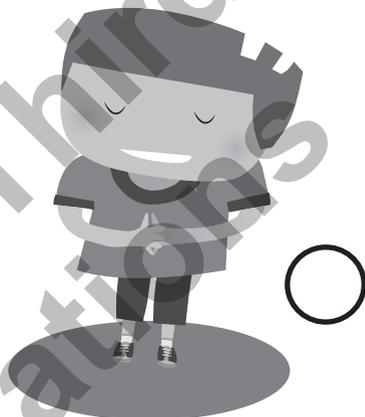
SOMETHING TO DO TODAY!

Think about the different kinds of bread. The host we receive in Holy Communion is a type of bread that is unleavened. That means it doesn't rise and get fluffy like sour dough bread or pizza dough. How many other breads can you think of?

Here's what Charlie does when he receives Holy Communion. Can you put these in the right order?



Charlie stands before the priest, holding out his hands as the priest holds the Eucharist.



Charlie stands in line to receive Holy Communion.



Charlie kneels reverently at his pew.



Charlie stands before a eucharistic minister who holds a chalice with the Precious Blood.

I share Jesus with the world



Charlie and Aunt Cindy talk about his first Holy Communion.

“You’re receiving the Body of Christ, Charlie,” Aunt Cindy says. “And did you know that YOU are the Body of Christ for the whole world?”

Charlie thinks for a minute. “I know I take Jesus with me wherever I go...”

“Yep,” says Aunt Cindy. “You are one with Jesus and with his family, the Church. That’s your mom and dad and Mary and me and Pete and everyone else.”

“I believe it,” Charlie says. “I can’t wait.”

Rejoice in the Lord always.
I shall say it again: rejoice!

PHILIPPIANS 4:4

How will you share Jesus' love?
Draw some pictures to show
how you will do this...

With your family

At your school

In your neighborhood

Prayers I Know

Sign of the Cross

In the name of the Father and of the Son and of the Holy Spirit. Amen.

The Lord's Prayer

Our Father, who art in heaven, hallowed
be thy name; thy kingdom come;
thy will be done on earth as it is in heaven.
Give us this day our daily bread;
and forgive us our trespasses as we forgive
those who trespass against us;
and lead us not into temptation, but
deliver us from evil. Amen.

Hail Mary

Hail Mary, full of grace. The Lord is with
thee. Blessed art thou among women,
and blessed is the fruit of thy womb,
Jesus. Holy Mary, Mother of God,
pray for us sinners, now and at
the hour of our death. Amen.

Glory Be to the Father

Glory be to the Father, and to the Son,
and to the Holy Spirit; as it was in
the beginning, is now, and ever shall
be, world without end. Amen.