

Make-Up Work for “Communion Class 1”

for First Confession and First Communion Sacramental Prep

(for Candidates in Grades 2-5 on Thursday evenings)
Revised Spring 2021

Notes to Parents for Make-Up Work:

- Please begin and end each “make-up class” with a prayer. Although the use of spontaneous prayer is allowed, the children will have to memorize and recite the traditional prayers that are found on the First Communion Prayer Sheets that we’ve provided. Please review/pray those prayers often throughout the year and **don’t forget to schedule “Prayer Appointments”** with Mrs. Frances so your child can recite memorized prayers for her (or for one of her Prayer Partner volunteers).
- Please **read and discuss the following information** with your child. If you have questions, please don’t hesitate to call Mrs. Frances at our Church Parish Office (937-6888).
- After reviewing this packet of information with your child, please **complete the last page of this make-up packet** and **return it to our church parish office** so Mrs. Frances can update the attendance chart.

Please review this information with your First Communion Candidate (in Grades 2-5):

- Review **Commandment #3**: “Keep holy the Sabbath Day.” Along with enjoying some family time and rest on Sundays, Catholic families must attend a Sunday Mass every weekend. Our current schedule of **Sunday Masses** is as follows:
 - Saturday afternoon “anticipated” Mass at 4:00 p.m.
 - Sunday morning Masses at 8:00 and 11:00 a.m.
- Mrs. Frances reminded the children that we are now going to **begin preparing to receive Holy Communion**. She reminded the children that every time we receive Holy Communion, our body becomes a “**living tabernacle**” because Jesus comes to live in our body and His **grace** (*His life and love within us*) fills our **soul**. (*Only God can see our soul and only He can see the things that we put into our soul.*) At first, we’re usually very careful not to “dirty” His home in our soul, but after a while, our “living tabernacle” becomes cluttered (or, perhaps, filthy) with our sins, leaving little or no room for His grace!
 - Imagine a clear pitcher being filled with water. If we add small and large stones in the pitcher, the surface level of the water moves up until it spills out over the edges of the pitcher. We lose the water that was once in the pitcher. Depending upon how many stones we put in it, there may come a point in time when there are more stones than water!

- Think of the water as Christ's "living water" (*His grace given to us in the sacraments*) and the stones—large and small—as our **sins** (*the things we do that disappoint, and sometimes, break our friendship with God*). Our soul needs His "living water" (grace) to stay healthy! **Remember:** Our soul will not be healthy if we have more sin in it than grace!
- Answer these questions: What is your favorite food? Imagine eating the "best ever" version of your favorite food. How often do you eat this food? Where do you find this food? Who prepares it for you? How would you feel if, for some reason, you would never eat this food again?
 - The **Body of Christ** (also known as the **Blessed Sacrament**) is the absolute best food for our soul! Jesus Christ comes to live in our souls every time we receive Holy Communion. The only place we can receive this special meal is at a Catholic **Mass**! We cannot receive the Body of Christ at a football game, the movie theater, the grocery store, the mall, or at a church of a different denomination!
 - The Body of Christ gives us the nourishment, desire, and strength to follow God's **Ten Commandments** more closely, but when we allow our **Free Will** to take over, our sins sometimes begin to outnumber and displace the Body of Christ in our souls. That's when we often notice that we begin getting into plenty of trouble and can't find anything to keep us out of trouble. We feel like we're missing "something," but we can't seem to find "things" that truly make us happy and content. We start looking everywhere to find happiness and that search often leads us into more and more trouble. NOTE: If we can remember that the **Blessed Trinity** (*the Father, the Son, and the Holy Spirit*) is the only thing that can provide true happiness and satisfaction in our lives, we will stay close to the **Catholic faith** where we can find the **sacraments** that keep our souls healthy.
 - Remember: If/When we get too busy in life to go to **Confession** regularly, our "living Tabernacle" will be too cluttered with **venial sins** (or, perhaps, filthy with serious **mortal sins**) to receive Communion. There will be no room in our soul for Jesus! We must go back to Confession before we can receive Communion again!

What happens in the Mass?

Because we can only receive the Body of Christ within the context of a Catholic Mass, we want to help the children of our church parish (and their parents) understand more about the Mass.

Please call the church parish office (937-6888) to borrow one of the DVDs that we have used during Communion Class #1 over the past few years. It will explain what happens in every Mass.

IMPORTANT:

- ✓ Because we typically pause/play the DVD often to discuss/explain the topic at hand during our classes, we usually watch only half of these DVDs in one particular class. When you pick up a DVD, the **instruction sheet** that accompanies usually provides

details regarding where to begin/end the DVD for **Communion Class #1**. If you and your family have time to watch the entire DVD, that's perfectly acceptable!

- ✓ Because the candidates typically watch the **second half** of the DVD during Communion Class 2, **the DVD must be back in the Mrs. Frances' office before the date of Communion Class 2!**
- ✓ Several families may need to view this DVD, so please view it on the night you borrow it and **return it the next day**. *(If necessary, please put it in the locked mailbox near the bottom of the front porch steps leading into the church office.)*
- ✓ Mrs. Frances usually pauses the DVD often to ask questions and to offer explanations. If you or your child have any questions, please don't hesitate to call or email Mrs. Frances or ask one of our office employees when you return the DVD.
- ✓ The Mass is the **source and summit** of our week as Catholic Christians! We should arrive and be seated in our pew before the priest enters the church and remain in our pew until he walks out of the church. If we arrive too late, our obligation to attend weekend (Sunday) Mass may not be fulfilled! If we leave too early (before the **Final Blessing**), we will miss the blessing that sends us out on a mission to fulfill God's Will in our lives. That blessing makes it easier for us to get to/through the next few days and have a healthy desire to return to Mass again next weekend!

Before/During/After viewing the DVD, if the comments within the DVD do not mention these topics, please review this information with your child:

God gave us **bodies** that use **five senses** (sight, sound, smell, taste, and touch) and we use all of them to worship Him while we are at Mass! Please help your child get into the habit of using appropriate **gestures** and **postures** before/during/after Mass:

- We focus our attention on the Blessed Sacrament in the sacred tabernacle and **bless ourselves with Holy Water** to remind ourselves of our baptism as we enter/exit the church. We again focus our attention on the Blessed Sacrament in the sacred tabernacle and **genuflect** as we enter/exit a pew. Both of those gestures pay great respect to Jesus, our Savior and King, in the Body of Christ in the Blessed Sacrament in the tabernacle.
- We begin and end Mass with **the Sign of the Cross**. The Mass is one long prayer! It's the best prayer we can pray as Catholic Christians!
- We **gently thump on our chest three times** to show how sincerely sorry we are for committing sins that hurt Jesus in The Body of Christ.
 - In the **Confiteor** at the beginning of Mass, we pray “. . . through my fault, through my fault, through my most grievous fault . . .”
 - In the **Lamb of God** before Communion, we pray, “Lamb of God, You take away the sins of the world, have mercy on us. Lamb of God, You take away the sins of

the world, have mercy on us. Lamb of God, you take away the sins of the world, grant us peace.”

- We **sit** and **listen** to Bible stories during the **Liturgy of the Word**. We **pay close attention** while a **lector** reads the **First Reading** and the **Second Reading**. In between the First and Second Readings, we **sing** the Responsorial Psalm with the cantor and choir. We **stand** and **pay attention** while the **priest** or **deacon** reads the **Gospel** (according to Matthew, Mark, Luke, or John)— the **Good News** shared with us featuring a detailed Bible story sharing Jesus’ words and a description of His actions. *(The priest actually serves **In Persona Christi** at Mass. That means that when he celebrates the Mass, he does not represent himself—he represents Jesus as Head of the Body of Christ. When the priest reads the Gospel, it’s like Jesus is speaking directly to us through the priest’s mouth! For that reason, our response at the end of the Gospel is different than at the end of the First and Second Readings! At the end of the Gospel we say, “Praise to You, Lord Jesus Christ.” At the end of the First and Second Readings, we respond, “Thanks be to God.” **Another interesting fact:** Only a priest or a deacon can proclaim the Gospel and, if a deacon is present, he—not the priest—should proclaim the Gospel.)*
- What happens right before the priest or deacon reads the Gospel? *The priest invites us to listen to the Gospel when he says, “A reading from the Holy Gospel according to ___ (Matthew, Mark, Luke, or John).” We make small **Signs of the Cross** on our **forehead**, our **lips**, and our **chest** as we say, “Glory to you, O Lord.” By doing this, we remind ourselves that we should always give glory to God in all of our thoughts (forehead), in our words (lips), and in our deeds (chest—where we usually think our soul is located, along with our heart).*
- We **sit**, **listen**, and **pay close attention** to the priest or deacon as they present a **homily**. In his homily, the priest (or deacon) attempts to help us understand what we just heard in the Readings and the Gospel. On some occasions, he may address a completely different topic based on the **liturgical season of the church year**. *For example: He may talk about different kinds of sin to help us prepare our souls for the Easter Season while we’re still in the Season of Lent. He may talk about things John the Baptist said or did to help us “prepare the way of the Lord” during the Season of Advent.*
- Together, we **stand** and **profess (recite) The Nicene Creed** *(containing twelve articles—or points--that we believe to be true)*. When we mention the **Incarnation**, we bow our heads out of respect for Jesus Christ.
- We **remain standing** for the **Prayer of the Faithful**. We pray for the needs of the church, the Pope and other world/public leaders; for the salvation of the world; for those who experience difficulties and illnesses in life; for the local community; and for the Faithful Departed.

NOTE: The Prayer of the Faithful marks the end of the **Liturgy of the Word** in the Mass. In most years, we stop the DVD at this point and continue watching the next part of the Mass (**The Liturgy of the Eucharist**) at our next class.

Read and discuss the Bible story of **Martha and Mary**. (See pages 6-7 of this packet)

Parent:

If you haven't yet done so,
you (or your spouse) will have to attend a
parent meeting to review the Sacrament of Eucharist
(also called **Holy Communion**).

If you need to make up this meeting,
Mrs. Frances will contact you at some point.

In addition, please don't forget to schedule
Prayer Appointments for your child!

A list of current available prayer appointments
is linked to the First Communion page of our church website:

<https://www.ololcatholic.com/first-communion>

Parent:

**Please complete the form
on the last page of this packet
and return it to our church office!**

(Parent's Copy)

Martha and Mary

(A children's version of Luke 10:38-42)

While Jesus and His friends were on a journey, they entered a village. A woman named Martha welcomed Him to their home. Martha had a sister named Mary. While Jesus was speaking, Mary paid close attention as she sat on the floor near His feet. Martha stayed busy preparing a meal for her visitors. After a while, Martha became upset that Mary wasn't helping her, so Martha went to Jesus and said, "Lord, do you not care that my sister has left me by myself to do the serving? Tell her to help me." The Lord said to her in reply, "Martha, Martha, you are worried about many things. There is need of only one thing. Mary has chosen the better part and it will not be taken from her."

Questions/Answers:

1. What are the names of the two sisters in this Bible story? *Martha and Mary*
2. Who welcomed Jesus to their home? *Martha*
3. Which sister stayed busy preparing the meal for her visitor(s)? *Martha*
4. What did Mary do while Martha was busy preparing the meal? *Mary sat near the feet of Jesus while He spoke to them.*
5. Was Martha pleased that Mary was learning so much from Jesus? *No. Martha thought that Mary should help her prepare the meal.*
6. What did Martha do in an attempt to get Mary to help her prepare the meal? *Martha asked Jesus to tell Mary to help her.*
7. How did Jesus respond? *Jesus told Martha that she seemed to be worried about many things, but only one thing was important, and Mary had chosen to do the important thing.*
8. What is "the important thing"? *Jesus wants us to listen to Him when He speaks to us. He wants to teach us many things, but if we're too busy, we won't be able to pay attention to Him when He speaks to us.*
9. Does Jesus still speak to us? *Yes! Jesus speaks to us when the priest reads the Gospel at every Mass! He also sent the Holy Spirit to help each one of us know the difference between right and wrong.*
10. Do we sit still and listen to Jesus' words during the Mass? *We should!*

Activity: If time permits, allow the children to draw a picture of Jesus with Mary (preparing the meal) and Mary (sitting at His feet).

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7. How did Jesus respond?
8. What is "the important thing"?
9. Does Jesus still speak to us?
10. Do we sit still and listen to Jesus' words during the Mass?

Dear Parent/Guardian:

Please complete this page and return it to our Church Parish Office as soon as possible so Mrs. Frances can update our attendance records to indicate that you have helped your child make up the work that was missed during the class identified below.

My child, _____, and I have borrowed the DVD that was viewed during **Communion Class #1** and have watched **the first half** of it. We have also read and discussed all information included in this make-up packet.

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Current Date