

Make-Up Work for “Communion Class 3”

for First Confession and First Communion Sacramental Prep

(for Candidates in Grades 2-5 on Thursday evenings)
Revised March 2022

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.

Continuing the discussion from Communion Classes #1 & #2: 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 in our Communion Classes over the past few years. It will explain what happens in every Mass.**

IMPORTANT:

- ✓ Because several families may need to view this DVD, 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 pauses DVDs often to ask questions or offer explanations. If you or your child have any questions, please do not hesitate to call or email Mrs. Frances or speak with one of our church office employees when you return the DVD.

Explain: Each Mass is like a special family reunion. At Mass, we gather as one family, listen to “family” (Bible) stories, and share a very special meal offered by our Host (Jesus Christ) who is represented *In Persona Christi* (in the Person of Christ) by an ordained Catholic priest. When the Mass ends, we are sent into the world to share God’s love with everyone we meet.

NOTE regarding DVD about the Mass: From year to year, because students ask different questions while watching these DVDs, our classroom discussions differ, so our starting/stopping point at any given class may vary. Mrs. Frances will **add instructions inside the case of the DVD** to provide time stamp info regarding the start/stop point for each Thursday night class. *However, since the rest of your family isn't present during our Thursday night classes, your entire family may benefit from watching the entire video together!*

View the DVD. Check the inside cover of the DVD for specific start/stop details for this year's classes.

We used "Mini" Club Crackers to practice receiving Communion:

Following these instructions, please consider rehearsing this with your child.

- **NOTE:** The children will receive Holy Communion on the **tongue** during the First Communion Mass. After that day, they may receive Holy Communion either on the tongue or respectfully in the hand.
 - **Suggestion:** At every Mass, silently pray the **Act of Contrition** right after the congregation prays, using **the words of the centurion soldier**: "Lord, I am not worthy that you should enter under my roof, but only say the word and my [soul] shall be healed" (or while you are in the Communion procession as it moves towards the priest and/or the Communion Rail).
 - Use proper **posture** and **gestures** to treat the Body of Christ with utmost respect!
 - ✠ Approach the front pews with "praying hands." Do not look around. Pay attention to the fact that **you are approaching Jesus** in the Body of Christ! Prepare your heart and soul to receive Him!
 - ✠ In our church parish, we currently form four lines to receive Holy Communion. The priest and deacon usually stand at the center edges of the Communion rail while two Extraordinary Ministers of Holy Communion stand at the front edge of the two side aisles. As you approach them, you can make your own decisions:
 - Do you wish to receive Holy Communion (1) on the tongue or in the hand and (2) do you prefer to kneel or stand?
 - However, for **First Communion**, the children will **kneel** on a kneeler in the center aisle to receive the **Body of Christ** on their **tongue** from our pastor and, on the way back to their pew, they will stop to receive a sip of the **Precious Blood of Christ** from a chalice which will be handed to them by a deacon or Extraordinary Minister of Holy Communion.
 - ✠ As the person before you receives Holy Communion, you should **respectfully bow** before The Body of Christ. At this point, He is only a couple of feet away from you!

- Kneel or stand as close to the priest, deacon, or the Extraordinary Minister as possible. If you choose to receive in the hand, extend your hands towards him/her so he/she will be comfortable stretching out to reach you. Until you get close enough, your “praying hands” are still together and you are still focused on Jesus Christ who is now within an arm’s reach of you!

- **Receiving Holy Communion on the tongue**

- After the priest says, “The Body of Christ,” **reply “Amen”** in a confident voice. (*“Amen” means “Yes, I believe!” You are agreeing that the consecrated host is the Body of Christ!*) Say it **loudly and clearly enough** for the priest to know that you do understand that you are about to receive The Body of Christ!
- “Praying hands” are still together. **Tilt your head back, open your mouth, and stick out your tongue.** The priest does not want to touch your tongue, but he must securely place the Body of Christ on the tip of your tongue!

NOTE: If your tongue is still halfway in your mouth, or if your mouth is almost closed, the priest may not be able to place The Blessed Sacrament firmly on your tongue; in other words, Jesus may fall onto your clothes or onto the dirty floor! **If that happens, remain calm.** The priest will tell you exactly what to do. (*The altar servers, deacons, and Eucharistic Ministers already know what they must do if this happens. Be patient and observe how the priest, deacon, Extraordinary Minister, and/or altar servers will protect the Body of Christ and offer the supreme respect as they handle it with exceptional care—wherever it may land!*) If necessary (especially when it falls on the floor), the priest, deacon, or Extraordinary Minister will consume it and will give you another consecrated host from the ciborium—but first they must pick up every single crumb that may have broken off of The Body of Christ! No one should walk on any piece—regardless of how tiny—of Christ’s Body! Be patient! To pick up every minuscule crumb, they will spray Holy Water on that area of the floor and wipe it with a cloth.

- **Receiving Holy Communion in the hand**

- Place your **left hand** in your **right** hand.
- After the priest says, “The Body of Christ,” **reply “Amen”** in a confident voice. (*“Amen” means “Yes, I believe!”*) Say it **loudly and clearly enough** for the priest to know that you understand that you are about to receive The Body of Christ!
- The priest will place **The Body of Christ** in your **left** hand. (***Reminder:** We do not “take” Communion out of the hands of the person offering it to us! We do not use “lobster pinchers” to pull The Body of Christ from their fingers! We **receive** The Body of Christ into our left hand.*)

- If you are standing, take one step to the side (so the line of people can continue moving) and **focus your attention** on the **sacrificial altar**. Use your **right hand to carefully** pick up The Body of Christ and put it in your mouth.
- If you are standing at the Communion Rail, simply stay put for an extra second or two.
- **Then** turn and walk away. **Remember: Jesus is not “fast food.” We do not pick Him up at a drive-through window and walk away in a hurry! He loves us enough to die on the cross to save us from our sins. He deserves our respect.**
- The Body of Christ **must** be consumed before you walk away. *(If you walk away a bit too far with The Body of Christ in your hands, the deacon, priest, or Extraordinary Minister **will** follow you to retrieve it! Their job is to **protect** the Body of Christ. If they are not sure that you will consume it, they will follow you **as far as necessary** to retrieve it!)*
- **After receiving Holy Communion:**
 - **Jesus is in your body now!** Your body has become a **living tabernacle**! Remember to treat Him with utmost care and respect **within** your body! The grace received from His Spirit will remain in your soul forever! Respectfully return to your pew with “praying hands.” **Kneel and pray** when you return to your pew. Offer thanksgiving for the gift of His sacrifice for each one of us—including **you**! Focus on His presence within your soul! Thank Him for being the Bread of Life for us. He gives us spiritual strength to believe in Him and do His good works for His people here on earth. **Join the choir in singing** the Communion hymn, a song of thanksgiving!
 - Stay quiet and focused on Jesus **after** the Communion procession has ended. The priest or deacon will make the necessary preparations to lock the remaining **consecrated hosts**—each one being **The Body of Christ**—in the **tabernacle** for protection. As the **Blessed Sacrament** is placed in the tabernacle, the priest (and deacon) will **genuflect** in the presence of Christ the King. If the deacon is present, he will begin to clean the sacred vessels and the priest will sit; otherwise, the priest will begin to clean the sacred vessels.

NOTE: The remaining **consecrated hosts (The Body of Christ)** are safely stored (and locked) in the tabernacle throughout the week. On specific days, **Homebound Extraordinary Ministers of Holy Communion** come into the church, unlock the tabernacle, and **respectfully** carry The Body of Christ to the homes of “homebound” parishioners who have long-term health issues and can’t attend Mass and/or those who are in the hospital.

If time permitted during class, we read and discussed Bible Stories:

- Refer to pages 6-10 in this make-up packet to read and discuss Bible stories with your child:
 - **Manna in the Desert** (Exodus 16:11-15)
 - **The Bread of Life** (John 6:48-51)

Review the Apostles' Creed with your child:

- If your child has already memorized and recited The Apostles' Creed for one of our prayer partners, a simple review will do. (Refer to the attached prayer sheet, if necessary.)
- If your child has not yet recited it from memory, the following suggestions may help.
 - Cut small rectangles of different lengths out of a sheet of paper. Use them to make an impromptu "fill-in-the-blank" quiz by covering a few words of the prayer (found on page 6 of this packet).
 - Focus on only one section of the prayer at a time:
 - ♦ "I believe in God . . ."
 - ♦ "and in His only Son, Jesus Christ, our Lord . . ." (**Suggestion:** Divide this section into two sections: Christ's earthly life and His divine life.)
 - ♦ "I believe in the Holy Spirit . . .")
 - Use the rectangles to cover some of the words in one section. Ask the child to read the prayer (from the beginning), and "fill in" the covered words. Remove the cutouts to check accuracy. Repeat the process, covering different words. Remove the cutouts to check accuracy.
 - As your child becomes more confident, cover words in two sections of the prayer.
 - As your child becomes more confident, cover words in all sections of the prayer.

The Apostles' Creed

I believe in God, the Father Almighty,
Creator of Heaven and earth;

and in Jesus Christ, His only Son, our Lord;
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died, and was buried.

He descended into hell,
on the third day He arose again from the dead.

He ascended into Heaven,
and sits at the right hand of God, the Father Almighty;
from thence He shall come to judge the living and the dead.

I believe in the Holy Spirit,
the Holy Catholic Church, the Communion of Saints,
the forgiveness of sins,
the resurrection of the body, and life everlasting.

Amen.

(Parent's Copy)

Manna in the Desert

(A children's version of Exodus 16:11-15)

God loved the people of Israel and He knew that they had been living as slaves in Egypt for many, many years. They had to work very hard and live by the Pharaoh's *(the Egyptian "king")* rules. With God's help, Moses *(a man chosen by God to lead the Israelites)* led them out of slavery. They escaped to the desert and stayed there for many years.

The Israelite people were upset to find out that living in the desert was even more difficult than living as slaves! As slaves, they always had some food to eat and water to drink, but they had not found very much food or water in the desert. They were not happy and often complained to Moses about their difficult situation.

The LORD said to Moses, "I have heard the grumbling of the Israelites. Tell them they will eat meat in the evening and will have more than enough bread in the morning, and then all of you will know that I, the LORD, am your God." Moses told them what God had said. Some of the people believed it would happen just as God promised, but others did not think God would help them.

In the evening, quail *(medium-sized birds)* roamed all over the campsite. In the morning, there was a layer of dew everywhere, and when the dew evaporated, manna *(fine flakes)* was found on the ground. When they saw the flakes, the Israelites asked one another, "What is this?" Moses told them, "It is the bread which the LORD has given you to eat."

Questions/Answers:

1. Did God love the Israelite people? *Yes, He loved them very much.*
2. Who helped them escape from slavery? *With God's help, Moses led them out of Egypt.*
3. Where did they live after they escaped from slavery? *The Israelites moved into the desert.*
4. Was life better for them in the desert? *No. They no longer had to work for Pharaoh, but they could not find much food to eat or water to drink.*
5. After God heard them complain to Moses, what did He promise? *God promised to send them meat for an evening meal and bread for a morning meal.*
6. How would those meals affect the Israelite people? *Once they realized that God had kept His promise to them, they knew He was the Lord, their God.*

7. What kind of meat did they eat? *Quail*
8. What was the bread called? *Manna*

Activity: If time permits, allow the children to draw pictures relating to today's Bible stories ("Manna in the Desert").

Manna in the Desert

(A children's version of Exodus 16:11-15)

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Questions/Answers:

1. Did God love the Israelite people?
2. Who helped them escape from slavery?
3. Where did they live after they escaped from slavery?
4. Was life better for them in the desert?
5. After God heard them complain to Moses, what did He promise?
6. How would those meals affect the Israelite people?
7. What kind of meat did they eat?
8. What was the bread called?

(Parent's Copy)

The Bread of Life

(A children's version of John 6:48-51)

Jesus said to them, "I am the Bread of Life. Your ancestors *(people who lived long ago)* ate the manna in the desert, but I am the Living Bread that came down from Heaven *(God's home)*. Whoever eats this Bread will live forever."

Questions/Answers:

1. Does this story take place at the same time as the previous story? *No. The "Manna in the Desert" story took place long before Jesus was born.*
2. Who is Jesus speaking to in this story? *He is speaking to His disciples (the men He chose to become His closest friends and followers).*
3. Who is the Bread of Life? *Jesus is the Bread of Life.*
4. How is this story similar to the "Manna in the Desert" story?
 - *God sent food (manna) from Heaven to give the Israelites strength to continue living in the desert until they could move somewhere else. They ate bread to give their bodies the strength to go on.*
 - *When Jesus speaks to us through the words of the priest during the Mass, He says "This is my Body" and transforms ordinary bread into His Body (the Body of Christ). He is food for our soul. He gives our soul strength to continue loving and caring for others as He loves us. He is the **Bread of Life**.*
5. If we eat the Bread of Life, will we really live forever? *We must remember that there is a difference between our **heart** and our **soul**:*
 - *A **heart** is a tangible organ. (In surgery, it can be seen and touched.) It pumps blood and oxygen throughout our bodies every minute of every day of our lives. We must keep our heart healthy or our bodies will become very ill.*
 - *God gave each one of us an intangible (can't be seen or touched), immortal (will never die), spiritual **soul** that is filled with God's Grace (His life within us). That's the "feel good" part of us that loves and cares about others. Even after our bodies die (hopefully many, many years from now) our soul will continue to live. We must keep it filled with God's Grace so it can live with God in Heaven forever.*

Activity: If time permits, allow the children to draw pictures relating to today's Bible story ("The Bread of Life").

The Bread of Life

(A children's version of John 6:48-51)

Jesus said to them, "I am the Bread of Life. Your ancestors ate the manna in the desert, but I am the Living Bread that came down from Heaven. Whoever eats this Bread will live forever."

Questions/Answers:

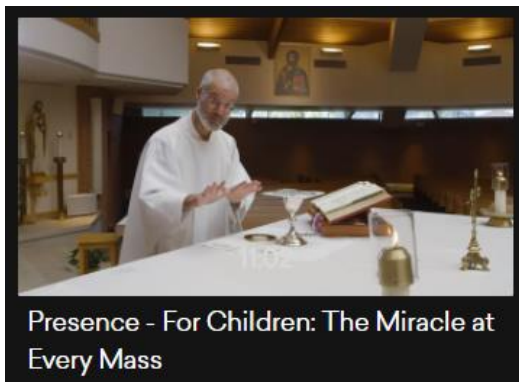
1. Does this story take place at the same time as the previous story?
2. Who is Jesus speaking to in this story?
3. Who is the Bread of Life?
4. How is this story similar to the "Manna in the Desert" story?
5. If we eat the Bread of Life, will we really live forever?

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 viewed (*please check all that apply*) ☐ all ☐ Communion Class 3's portion of the DVD entitled:

- ☐ "Understanding the Sunday Mass: A Kid's Point of View" **or**
- ☐ "Inside the Sacraments: The Holy Mass."



NOTE: If your time permits, please consider viewing, with your child, a wonderful, 11-minute video of a priest explaining exactly what happens at the altar during the Liturgy of the Eucharist. You'll find it on **Formed.org**. (*Formed.org is free to our parishioners because our church parish has paid the subscription fee. On the login page, enter our zip code to help you select "Our Lady of Lourdes (Erath)" from the drop down list.*) Click on **Programs > The Sacraments > Presence: The Mystery of the Eucharist**. Scroll over to find **Presence: For Children: The Miracle at Every Mass** presented by Fr. John Riley. You may also notice that they have prepared a 36-minute video for parents.

We have also read and discussed all of the textbook information included in this make-up packet for the First Communion Prep "**Communion Class #3.**"

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Current Date