

Make-Up Work for “Communion Class 4”

for First Confession and First Communion Sacramental Prep

(for Candidates in Grades 2-5 on Thursday evenings)
Revised February 2023

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 #1-3:

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 segment. 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:
 1. Do you wish to receive Holy Communion (1) on the tongue or in the hand and (2) do you prefer to kneel or stand?
 2. 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!

1. 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.

Read and discuss a Bible story: Jesus Feeds the People (Luke 9:10-17). See pages 6-8 in this packet.

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 out the rectangles on the attached page. You can use them to make an impromptu "fill-in-the-blank" quiz by covering words on the attached prayer sheet.
 - Using the attached prayer sheet, 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 that section. Ask the child to read the prayer (from the beginning), and "fill in" the covered words. Remove the rectangles to check accuracy.
 - As the child becomes more confident, cover words in two (or three) sections of the prayer.

(Teacher's Copy)

The Feeding of Five Thousand

(A children's version of Luke 9:10-17)

When the apostles returned from their mission to proclaim to cure diseases and proclaim the Kingdom of God to other people, they explained to Jesus what they had done. Jesus took the apostles with Him and withdrew in private to a town called Bethsaida.

Many people had been following Jesus. When they found out that Jesus and His apostles had gone to Bethsaida, a crowd of approximately 5,000 men followed them. *(NOTE to help the children envision that large crowd: The EHS football stadium seats at least 2,000 people. Remind the children that this number may—or may not—have included women and children. The crowd may have been larger than 5,000 people.)* When Jesus saw the approaching crowd, He welcomed them. He taught them about the Kingdom of God and He healed those who needed to be cured of disease.

As the sun began to set, the Twelve Apostles approached Jesus and said, “Lord, we are in a deserted place here. Send the crowd home so that they can go to the surrounding villages and farms to find shelter and food.” Jesus said to them, “Give them some food yourselves.” They replied, “Unless we go and buy food for all these people, five loaves and two fish are all we have.” *(Remember: There were about 5,000 people in the crowd!)* Jesus said to His disciples, “Have them sit down in groups with approximately fifty people in each group.”

Everyone sat down in groups. Then, taking the five loaves and the two fish, and looking up to Heaven, Jesus said the blessing over them, broke them, and gave them to the disciples so they could distribute the pieces to the crowd. Everyone ate and was satisfied! The leftover pieces were picked up and filled twelve wicker baskets!

Questions/Answers:

1. Why did the crowd follow Jesus? *(They wanted Jesus to teach them about God's Kingdom. Many people wanted to be cured of diseases.)*
2. How large was the crowd of people? *(The crowd contained at least 5,000 men.)*
3. Why did the Apostles become worried? *(The large crowd of people were hungry.)*
4. How much food did they have to share with the large crowd? *(They had only 5 loaves and 2 fishes.)*
5. After Jesus said a prayer, what did He do with the food? *(He blessed it, broke up the bread and fishes, and handed them to the disciples to give to the people.)*
6. Do we ever have an opportunity to experience anything like that? *(Yes! Through the authority given to them by the Blessed Trinity and the Pope, Catholic priests bless the bread at every Mass, break it, and allow Eucharistic Ministers to*

distribute The Body of Christ to those who have already made their First Communion.)

7. How much leftover food was there in this story? *(The leftovers filled 12 baskets.)*
8. How do you think the large amount of leftover food affected the people? *(Possible answer: The people were probably surprised by the large amount of leftover food. They probably noticed that a miracle had occurred! Many, if not all of them, probably wanted to continue to follow Jesus!)*

Activity: If time permits, allow the children to draw a picture relating to today's Bible story ("The Feeding of Five Thousand") on the back of their Bible story sheet.

The Feeding of Five Thousand

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Many people had been following Jesus. When they found out that Jesus and His apostles had gone to Bethsaida, a crowd of approximately 5,000 men followed them. When Jesus saw the approaching crowd, He welcomed them. He taught them about the Kingdom of God and He healed those who needed to be cured of disease.

As the sun began to set, the Twelve Apostles approached Jesus and said, "Lord, we are in a deserted place here. Send the crowd home so that they can go to the surrounding villages and farms to find shelter and food." Jesus said to them, "Give them some food yourselves." They replied, "Unless we go and buy food for all these people, five loaves and two fish are all we have." Jesus said to His disciples, "Have them sit down in groups with approximately fifty people in each group."

Everyone sat down in groups. Then, taking the five loaves and the two fish, and looking up to Heaven, Jesus said the blessing over them, broke them, and gave them to the disciples so they could distribute the pieces to the crowd. Everyone ate and was satisfied! The leftover pieces were picked up and filled twelve wicker baskets!

Questions/Answers:

1. Why did the crowd follow Jesus?
2. How large was the crowd of people?
3. Why did the Apostles become worried?
4. How much food did they have to share with the large crowd?
5. After Jesus said a prayer, what did He do with the food?
6. Do we ever have an opportunity to experience anything like that?
7. How much leftover food was there in this story?
8. How do you think the large amount of leftover food affected the people?

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.

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 information included in this make-up packet for the First Communion Prep "**Communion Class #4.**"

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Current Date