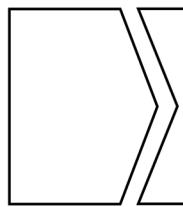




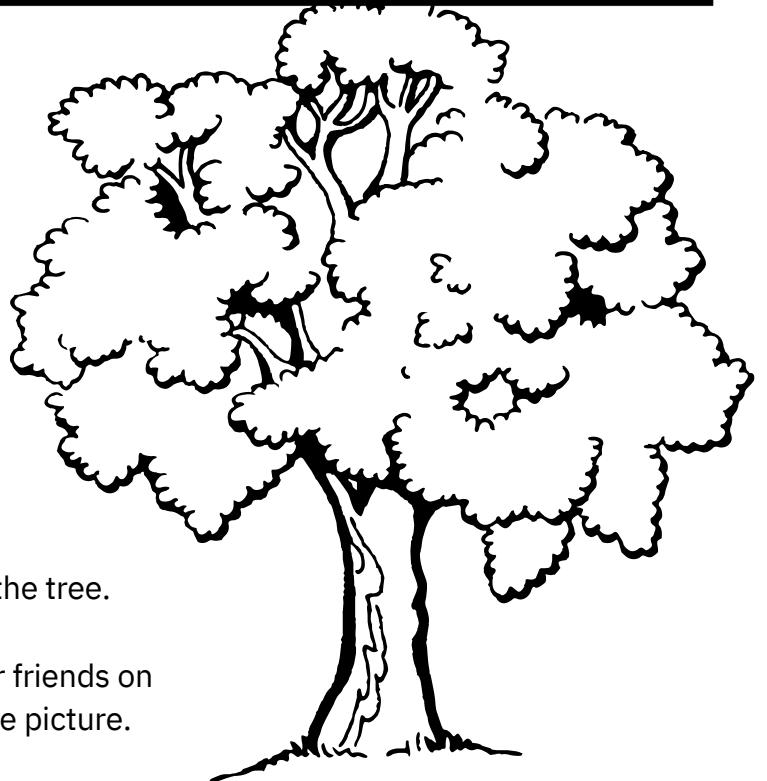
First Reconciliation and Holy Communion Programme



We are part of
God's family



We are baptised in the same family, together with Jesus, just as a trunk and the branches with leaves form one tree.



Write the name of JESUS on the trunk of the tree.

Then write your name and the names of your friends on the leaves. You can then colour in the whole picture.

Jesus said, 'I am the vine, you are the branches; if you remain in me and I in you, you will bear much fruit; apart from me you can do nothing (John 15: 5).

In baptism
we become
God's

— — — — —
Fill in the missing word above.



BIBLE READING

THE BOY WITH LOAVES AND FISHES



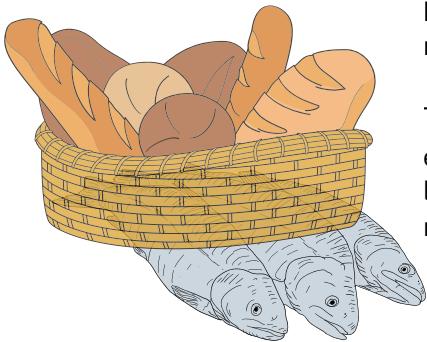
One day a young boy from Galilee met a friend who was her way to a hill nearby to listen to Jesus.

"Who is Jesus?" asked the boy. "He does miracles and tells great stories", answered the girl. "I'll go and ask if I may come too", said the boy. He ran home and asked: "Mum! Can I go and hear Jesus telling stories?"

"Of course you can", said his mum. "I will prepare some lunch for you. Look, here are five small loaves and two fish for you!" Mum put the food in a basket and soon he was off. On the hill there were many people. The boy made his way through the people to be close to Jesus. He could see Jesus putting his hands on people who were ill and talking to them. He could see that they became well and went back thanking God!



The boy was listening carefully to all the stories Jesus was saying. The people were so happy listening to Jesus. No one wanted to leave even though sunset was fast approaching! Now they were beginning to feel tired and hungry. "Master," said one of Jesus' friends, "shall we send the people away?" "No," said Jesus. "Do you have any food?" Jesus' friends went around asking for food. The little boy heard them. He was willing to give his food to Jesus. He went to one of the disciples and said: "I have some small loaves and fish. Jesus may have them." The disciple took him to Jesus. "Master," he said, "here is a little boy who has some loaves and fish." Jesus smiled at him and took his basket. He thanked God, put his hand in the basket and started giving out the loaves and fishes to his disciples. The disciples then gave the food to the people. The little boy was amazed! Jesus kept putting his hands in the basket and getting more loaves and fishes! There seemed to be more and more in that little basket!



There were about five thousand people sitting on the hill, and everyone had enough to eat! When everybody ate, Jesus asked his disciples to pick up the leftovers. There were twelve baskets full of leftovers! "This is a really great miracle!" said the boy. He ran home to tell the story to his mother.

Based on John Chapter 6

My Prayers - My thoughts - My Ideas

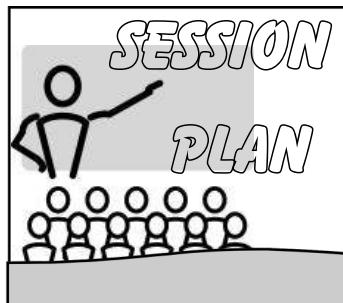
This is why I want to become part of God's family — The Church ...





NAME:

DATE:



FIRST HOLY COMMUNION PROGRAMME

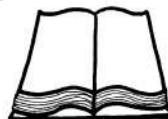
WE BELONG

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We are part of God's Family

AIMS

1. To understand that we are part of God's family (the Church).
2. To begin to reflect on the fact that Jesus gives himself to us in Holy Communion.



KEY WORDS

- Family
- Church
- Tree
- Branch
- Trunk
- Baptism
- Jesus
- Us
- Holy Communion

INTRODUCTION

- Welcome everyone to the programme.
- Introduce the idea of BELONGING. Remind them that God loves them, they are made in God's own image. Talk about belonging to a family. Then move on to explain that as Christians too we belong to God's family. The goal is to help children to understand that church isn't just a building—it's the people who love and follow Jesus, and it's about worshipping, learning, helping, and being together.

MAIN

- By the Sacrament of Baptism we are united in God's family. God asks us to be close to him. Jesus spoke about ways how we can do this. Once he explained belonging to God's family by using the example of a tree. He said, 'I am the vine, you are the branches; if you remain in me and I in you, you will bear much fruit; apart from me you can do nothing (John 15: 5). We are united with Jesus just as the trunk of a tree is with the branches and the leaves. Hand out a cut out of a leaf to each child. Ask them to write their name on it. Then invite them to stick it on the vines at the back of church.
- Explain how if one branch is cut off the tree it will die. Similarly, if we do not remain united with Jesus we will not be happy. We are not only his friends but we are part of his own family and should always try our best to stay close to him. We became members of this great family when we were baptised. **In baptism we become God's children and we are loved.** (You may want children to repeat this sentence and even learn it by heart.) We become united with Jesus and we must remain with him forever. Explain that this one big family is called the **Church**.
- Introduce the concept that Jesus gives us food to eat too. Use the story of the multiplication of loaves shown on side 2 of Worksheet 2.

CONCLUDING PRAYER

- Lead a prayer thanking God for inviting us to be part of his big Christian Family and asking him to help us as we prepare for our Baptism and Holy Communion.
- Go through a few other prayers from the PRAYER BOOK.

NOTES

Worksheets can be reviewed at the following session and used to revise the main points and to celebrate children's work.

ACTIVITY

- Give out Worksheet 2 to all children. Go through the different parts children have to complete at home until the next session, including the reflection at the back of the sheet. Say that they can ask a parent or another adult at home for help.
- Remind children about the prayer book. Go through a few examples with the whole group and explain how and when we can use these prayers (example: Morning offering or prayer before meals etc).



First Reconciliation and Holy Communion Programme



The Liturgy of the Word

AIMS

1. To reflect on the Liturgy of the Word as a time to listen to God's word from the Bible.
2. To become familiar with the different readings, responses and other prayers in the Liturgy of the Word.

KEY WORDS

- LITURGY OF THE WORD
- FIRST READING
- PSALM
- SECOND READING
- ACCLAMATION
- GOSPEL

INTRODUCTION

Briefly go over the Introductory Rite and the Penitential Rite explain why we make the Sign of the Cross and the Penitential Rite

RESOURCES

- Picture Missals used in the parish church.
- Display/poster for Keywords
- Worksheet 14

MAIN

Point out that when we meet friends we talk to them and we also listen to them. It's a two way relationship. Ask children to give examples about how could we LISTEN to our friend Jesus talking to us. Elicit the fact that one of the main ways is by reading or listening to readings from the Bible. This is what we do in the LITURGY OF THE WORD. Show the BIBLE and briefly explain that this is our special Book in which we find God's written word and that it is made up of 73 (shorter) books organised in the Old and the New Testaments. Use reference.

Talk about the various readings read during the Mass. First comes the FIRST READING. This is usually taken from the Old Testament use the Catholic Bible resource to show which books are in the Old Testament. The reader starts by proclaiming the book from which the reading is taken. For example: A reading from the prophet Isaiah. (During the Easter season this reading is taken from the Acts of the Apostles). If available a missal could be used for each child to look at and prayers referred to in this session. At the end of the reading the reader says, 'The Word of the Lord'. We respond 'Thanks be to God.' We thank God for speaking to us.

This is followed by the PSALM. We repeat the response after each verse. Using the missal you could practice and read the psalm for that Sunday.

The SECOND READING then follows. This is usually taken from the New Testament, usually from the letters of the Apostles. Use the reference sheet and a Bible to show children where these are in the Bible. Point out that at times some Bible readings may be difficult to understand.

We then stand to greet the Gospel. We sing Alleluia which means Praise the Lord - The GOSPEL ACCLAMATION is sung or read and Alleluia is sung again to welcome the Gospel. The priest then reads the GOSPEL. Briefly talk about the 4 Gospel writers: Matthew, Mark, Luke and John - four people who wrote about Jesus from different points of view. Again pass a Bible around and show where the Gospels are in the Bible. Using the missal practice the responses at the beginning and at the end of the Gospel reading too. After the Gospel we usually sit for the HOMILY. This is when the priest talks to us to help us understand the Bible readings better and to show how we should put what God says to us in real life situations.

We then stand for the CREED. We say the Creed to profess what we believe in. Go through the it using the missal or the Prayer Book and briefly talk about the main statements.

The last part of the Liturgy of the Word is when we pray the BIDDING PRAYERS or PRAYERS OF THE FAITHFUL. These are our invocations to God - we ask him to help us in all our needs and may be related to the day's liturgy.

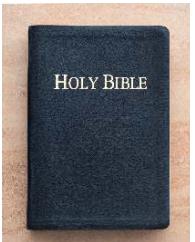
Place the cards on the floor of different parts of the Mass. Ask them to stand on the card for when each action happening in church.

NOTES

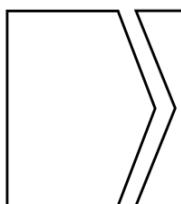
As this Gospel covers God's word encourage children to use the Bible and Missal.

ACTIVITY

Remind children about the importance of taking part in the celebration of the Mass every Sunday. Ask questions about ways how we 'take part' in this celebration. Invite them to pay more attention to the readings at mass on the coming Sunday and to talk to their parents and other family members about them.



First Reconciliation and Holy Communion Programme



The Liturgy of the Word

WE GATHER TOGETHER IN CHURCH TO

C _ L _ B _ A _ E

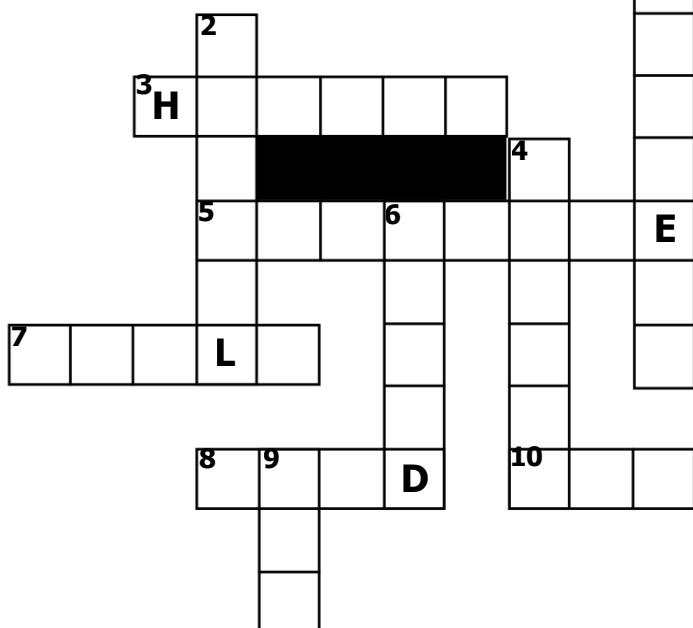


Draw faces and write the names of people who meet in church every Sunday - yourself, family or friends, the priest, others. We all go there to Celebrate together.

<td><td></td></td>	<td></td>	
<td><td></td></td>	<td></td>	

The LITURGY OF THE WORD

WE LISTEN . . .



Fill in this crossword. The clues are below:

ACROSS:

3. The explanation of the readings by the priest.
5. We must put the Word of God into _____.
7. During the Liturgy of the Word we read from this Book.
8. The first part of the Mass is called the Liturgy of the _____.
10. The second reading is usually taken from the ___ Testament.

DOWN

1. The last part of the Liturgy of the Word is the Bidding _____.
2. The stories of Jesus are found here.
4. We must _____ carefully to the readings.
6. This prayer starts "We believe".
9. The first reading is usually taken from the ___ Testament.



The FIRST READING. This is usually taken from the Old Testament. The reader starts by proclaiming the book from which the reading is taken. At the end of the reading the reader says, 'The Word of the Lord'. We respond 'Thanks be to God.' We thank God for speaking to us.

This is followed by the **PSALM**. We repeat the response after each verse.

The **SECOND READING** then follows. This is usually taken from the New Testament, usually from the letters of the Apostles. We then stand to greet the Gospel. The **GOSPEL ACCLAMATION** is sung or read. The priest then reads the **GOSPEL**, Matthew, Mark, Luke and John. A member of the Clergy will then say the **HOMILY**. The Homily explains the Bible readings

JESUS SAID:

"My mother and brothers are those who hear the Word of God and obey it."



First Reconciliation and Holy Communion Programme

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The Liturgy of the Eucharist

AIMS

1. To understand the significance of the Liturgy of the Eucharist.
2. To recognise that at Consecration bread and wine are changed into the Body and Blood of Christ which we receive in Holy Communion.

KEY WORDS

- LITURGY OF THE EUCHARIST
- OFFERTORY
- CONSECRATION
- OUR FATHER
- SHARE PEACE
- HOLY COMMUNION
- CONCLUDING RITE

INTRODUCTION

Read John 6:25-59 ensure we greet the Gospel correctly. Two/three people to share the reading to all groups.

In groups the story of the miracle of the feeding to the 5000 (Used in Unit 1 - see side B of worksheet 1. Tell the children that this reading happened after the feeding of the 5,000 and just after the disciples saw Jesus walk on water. Explain the reading that they have just heard, explain that Jesus told his followers

Give children a teach me tell me card and the have to go to one another and ask the question on the sheet. If the child doesn't know the answer say teach me. The person tells them the answer. Once they have took turns answering and asking questions they swap cards and more to another person.

Get everyone to sit down and the leader asks the questions. Expand on answers where needed.

MAIN

RESOURCES

- Missal
Bread
wine

The LITURGY OF THE EUCHARIST starts with the preparation of the gifts in the Offertory. Explain how the bread and wine are usually carried from the back of the church and given to the priest who puts them on the altar/table. Also say that at this time we should also think of offering ourselves. We offer some money too which is collected for the needs of the church and parish.

Read the Last supper. Explain that this is why Mass is celebrated it was Jesus himself who said do this in remembrance of me.

The priest then starts reciting the EUCHARISTIC PRAYER. Stress that this is a very important prayer during which the bread and wine are changed into the Body and Blood of Christ. Make an emphasis on the Words of Consecration: 'to become the body and blood.....' In the Eucharistic prayer we also pray for special people and other intentions. We pray for the Church, the Pope and the bishops. We pray for our friends and other people in need. We also pray for the dead. We say the "Our Father" to show that we are gathered together in the Church as God's family. We also share peace together. At the Communion Rite then we receive the Body of Jesus. We come forward and the priest gives us the host as he says "The Body of Christ" to which we answer, "Amen". We then keep a moment of silence to thank Jesus for coming to us in Holy Communion. The mass ends with the concluding rites. The priest reads the last prayer and sends us forth to share the joy of Communion with others by loving and serving the Lord.

Explain the Eucharistic fasting rule. As Catholics we are requested to fast from all solid food and drink (except water or medicine) for one hour before receiving Communion.

Mention also that in order to receive Communion one must be in God's Grace, that is friend of God and free from any Big/Mortal sin in which case one has to go to confession before receiving communion. Explain that during this part of the Mass the Holy Spirit is called down and the bread and wine are transformed during this special part of the Mass we should be sit and not move around the church.

When you are baptised you are washed clean of any sin. If you are entering the Catholic faith but have already been Christened then you will need to receive the sacrament of Reconciliation before Holy Communion. You cannot receive Holy Communion if you have not received Reconciliation and you can not receive Communion if you have committed a grave sin.

Talk about the different items that are used in Mass and go through the worksheet.

If time put the flashcards on the floor and ask questions like when if the Old Testament read, when so you hear the Priest or Deacon explain the the Word of God.

NOTES

More practical advice on how to receive Holy Communion could be given on another occasion when children practice for their First Holy Communion mass.

ACTIVITY

Remind the children to pay more attention to the different parts referred to in today's session when they attend Sunday Mass.

First Reconciliation and Holy Communion Programme



The Liturgy of the Eucharist

Jesus said to them, “I am the bread of life. Whoever comes to Me shall never hunger, and whoever believes in Me shall never thirst. John 6:35

TAKE THIS AND EAT

Join the dots to match the words in both columns.

Bread	•
Eucharistic Prayer	•
Wine	•
Last Supper	•
Consecration	•

• A special prayer during Mass.
• The Blood of Jesus Christ
• “This is my body; This is my blood”
• The Body of Jesus Christ
• The first Mass



THINGS USED BY THE PRIEST AT THE LITURGY OF THE EUCHARIST.

Talk about the items and see if you can name them in church.



LECTIONARY

CANDLES

HOST

ALTAR

CHALICE

PATEN



Use the words next to each picture to fill in the blanks in this passage.



Mass — Church

Every Sunday we go to

C h _____ to take part in the

M _____. First, we make the Sign of the

C _____. We listen to the

R _____ in the Liturgy of the

W _____. We hear also the

explanation by the p _____. The

priest also prepares the gifts on the

altar during the O _____.



Priest — Cross



Word — Readings

We should think about offering

ourselves during this part. This is the first part

of the Liturgy of the E _____.

The priest says the Eucharistic Prayer and

the bread and wine are changed into the

B ____ and B _____ of Jesus during the

C _____.

In C _____ we receive
the Body of Jesus. The Mass ends with the

B _____ which the priest gives us.



Blessing - Offertory



Consecration — Body — Blood



Communion — Eucharist



The Last Supper



A Gospel reading according to Matthew 26:26-35

²⁶ While they were eating, Jesus took a loaf of bread, and after blessing it he broke it, gave it to the disciples, and said, “Take, eat; this is my body.” ²⁷ Then he took a cup, and after giving thanks he gave it to them, saying, “Drink from it, all of you; ²⁸ for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. ²⁹ I tell you, I will never again drink of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.”

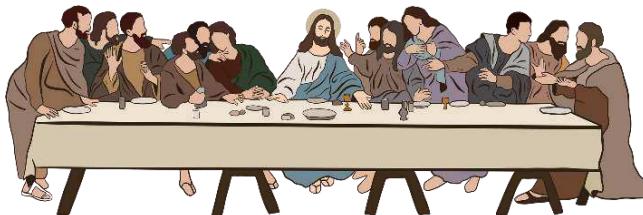
³⁰ When they had sung the hymn, they went out to the Mount of Olives.

Peter’s Denial Foretold

³¹ Then Jesus said to them, “You will all become deserters because of me this night; for it is written, ‘I will strike the shepherd, and the sheep of the flock will be scattered.’”

³² But after I am raised up, I will go ahead of you to Galilee.” ³³ Peter said to him, “Though all become deserters because of you, I will never desert you.” ³⁴ Jesus said to him, “Truly I tell you, this very night, before the cock crows, you will deny me three times.” ³⁵ Peter said to him, “Even though I must die with you, I will not deny you.” And so said all the disciples.

Reading taken from the Bible Gateway



My Prayers - My thoughts - My Ideas

My Prayer to Jesus ...

Dear Jesus...





FAMILY TIME

Why not try making unleavened bread?

UNLEAVENED BREAD

INGREDIENTS

- 125 grams plain or spelt flour
- 80 ml cup Olive Oil
- $\frac{1}{8}$ teaspoon salt
- 80 cup water

DIRECTIONS

- 1.Preheat the oven at 220 degrees C (Gas mark 7)
- 2.Line a baking sheet with baking paper
- 3.Mix flour, oil, and salt together in a large bowl; add water and mix until dough is soft.
- 4.Shape dough into 6 even-sized balls and place on baking sheet.
- 5.Flatten dough balls with your hand
- 6.Bake for 8-10 minutes until golden brown





FIRST HOLY COMMUNION PROGRAMME



Celebrating the Sacraments

AIMS

- 1 To understand that as Christians we celebrate in many different ways.
- 2 To introduce the celebration of the Mass as our main celebration and give a brief look at the Liturgical Year.
- 3 To identify and understand the meaning and importance of the seven sacraments and the signs and symbols related to them.

KEY WORDS

SACRAMENTS,
Name for each of the
sacraments: BAPTISM,
etc.

SIGNS, SYMBOLS

INTRODUCTION

Ask children to give examples of what they do when they are happy. They usually want to share their happiness with others and celebrate. Invite the children to give examples of special occasions when they had celebrations, parties, etc in their families. Explain that in the Church we do the same - we often gather to celebrate. Today we briefly look at our main celebrations.

MAIN

Explain that the most important celebration is our Sunday gathering for the **Mass**: the celebration of the **Eucharist**. Briefly invite the children to provide examples how we celebrate at Mass: we sing, we pray, we share peace, we receive the body of Christ (for those who have already made their First Holy Communion). Say that we will be learning about the Mass later on in other units.

Also explain that there are so many other celebrations during the year. Invite children to mention any special dates or feast days of saints or of Our Lady that they know of. Using a poster showing the Liturgical Year briefly talk about the special seasons of Advent, Christmas Time, Ordinary time, Lent, Easter time etc. Show how during the year there are so many special days we celebrate e.g. Christmas, Epiphany, Ash Wednesday etc. up to Christ the King which is the end of the Church's year.

RESOURCES

- Images/Posters for each of the 7 sacraments.
- Various items (or images of) used in the celebration of sacraments and other special days: ex. Water; rings etc.

CONCLUDING PRAYER

Invite children to look at the images and captions used in this session about CELEBRATIONS. Ask them to bring to mind real people involved in any of these sacraments and pray for them. E.g. someone soon to be baptised or getting married etc.

Remind that this year they will be celebrating two of the sacraments for the first time. Lead a group prayer asking God to help everyone in the group in this time of preparation.

Introduce the idea of the **Sacraments**: special **celebrations** that we have in our Catholic faith. When we receive any of these sacraments we move closer to Jesus. We show we want to be and remain his friends. Show images/posters showing the seven sacraments. Go through each of the seven sacraments. Briefly talk about each of them to explain what happens in each of these 7 celebrations. Use captions showing key words, images or signs and symbols to match with the poster of each of the sacraments. Ensure children understand the purpose of each Sacrament and who it intend for. Also explain that some are only celebrated once in our life (e.g. Baptism and Confirmation) while others we can receive regularly (e.g. Reconciliation and Holy Communion).

1. BAPTISM: We become God's Children. We are now part of God's family: Christians. Symbols/signs used: Water, Easter Candle; White Garment etc (more in Unit 5)
2. EUCHARIST: We receive the Body of Christ. Symbols/signs used: Bread and wine.
3. CONFIRMATION: We receive the Holy Spirit. We become adult Christians. Symbols/signs used: Laying of Hands, Flame (Holy Spirit), oil of chrism.
4. RECONCILIATION: God forgives us. Symbols/signs used: absolution (more in Unit 12)
5. ANOINTING OF THE SICK: Jesus helps people who are ill. The priest prays for them and anoints them. Symbols/signs used: Oil of anointing.
6. HOLY ORDERS: A man is Ordained to Serve in the Church. Symbols/signs used: Laying of Hands and anointing with oil.
7. MARRIAGE or MATRIMONY: Man and woman become One to form a family. They are united in Love for each other and for children they may have. Symbols/signs used: rings.

Also explain that the sacraments can be grouped in three categories, namely Sacraments of Initiation (1, 2 and 3), Healing (4 and 5) and Service (6 and 7) (see Worksheet 4).

NOTES

There is a PowerPoint presentation that follows this session. You may find it helpful to use as you go through the main steps of this session. Link in SDC Website, Resources section (www.sdc.me.uk/resources)

ACTIVITY

Scramble the posters, captions, artefacts/objects showing signs and symbols and place them on the floor where children can access them. Invite children to take turns to pick a caption or object and match it to the corresponding sacrament to show their understanding. Hand out Worksheet 4 and explain the task of unscrambling words to reveal the name of each of the 7 sacraments, and filling in the missing letter in the captions etc.



First Reconciliation and Holy Communion Programme



WE CELEBRATE (1)
The Sacraments of
Initiation

BAPTISM

Match these symbols used in Baptism with their meaning:



WATER



CANDLE



The main symbol in Baptism is water. This is the baptismal font that is found in many churches.

New life in the Church

We become members of God's family and therefore God's children



OIL

Jesus, Our light

We try to walk always as children of light by doing what Jesus did in his life.



**WHITE
GARMENT**

Strength against evil

The Holy Spirit gives us power to struggle against the devil.

Free from original sin.

The Holy Spirit comes to dwell in us and frees us from all our sins.

Belonging to a FAMILY

It is good to be part of a family. The good things that you receive through your family show the love that exists in the family.

You belong to another family. You belong to God's Christian family, the Church. You become part of the Catholic Church when you are baptized. Through the *Sacrament of Baptism* you share in the goodness which God shares with His Church.

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

All the words underlined in this worksheet are found in this letter grid. There are 13 words in all. Try to find them!!

HOLY COMMUNION

Fill in the missing words to complete the sentences.

1. When we receive Holy Communion we receive the
B_____ of C_____.

2. Jesus gave us his Body for the first time at the L_____
S_____ when he took the B_____ and
W_____ and changed them into his own Body and Blood.



3. We can receive Communion every time we attend M_____.

4. Before we receive Holy Communion we must be free from all
serious S_____ and have fasted for at least one h_____.

5. When the priest says 'The Body of Christ' we answer
'A_____' which means that we truly believe what the
priest has said.

CONFIRMATION

1. When a person receives this Sacrament, they receive
the the H_____ S_____.

2. Baptism, Communion and Confirmation are also called
the Sacraments of I_____.

3. At Confirmation, the B_____ anoints the
candidate with O_____ while he says: "Be sealed with the G_____ of
the Holy Spirit".



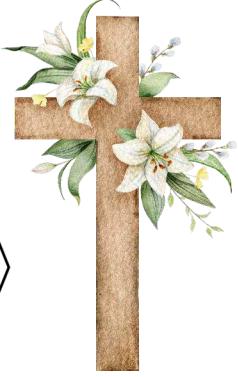
4. The Holy Spirit comes on the candidates at the L_____ of Hands by
the Bishop.



First Reconciliation and Holy Communion Programme



WE CELEBRATE
The Other Sacraments



Sacraments of Healing **RECONCILIATION**

Fill in the blank spaces with the following words:

priest—sorry—Reconciliation—forgive—regularly—Sacraments—friendship.

1. Confession is also called the Sacrament of R_____.
2. Confession is one of the seven S_____.
3. Whenever I sin I lose God's f_____.
4. God is always ready to f_____ me.
5. I must always be s_____ for my sins.
6. The p_____ is chosen by Jesus to give us forgiveness in the Sacrament of Reconciliation.
7. As a Catholic I am expected to receive this Sacrament r_____.



ANOINTING OF THE SICK

This Sacrament helps people who are old or unwell for different reasons.

When a person is seriously ill or in danger of death the p_____ is called to give the



Sacrament of the Anointing of the Sick. The priest
a_____ the forehead, hands and feet of the sick
person. This shows the s_____ that God can give
to that person. Through this Sacrament God also gives
c_____ to the patient in such difficult time.

Sacraments of Service

People called by God to SERVE others **HOLY ORDERS**

This Sacrament is given to men who feel they are called by God to serve him as his ministers/Priests in the Church. Jesus chose the 12 apostles to be the first priests at the Last supper.



Name some different jobs that the priest does:

MARRIAGE or MATRIMONY

Marriage is when a m_____ and a w_____ are united together. They promise to L_____ each other and be together for life. They want to start a f_____ and be of service to each other and to their c_____. R_____ are used as a symbol that they want to love each other forever.



RCIC PROGRAMME
RITE OF CHRISTIAN INITIATION FOR CHILDREN

GOD'S LAWS
**The Ten
Commandments**

THE TEN COMMANDMENTS

Fill in the missing letters to complete the 10 sentences

1. You shall n _ t have other g __ s before Me.
2. You shall not take the N _ e of the L __ d in vain.
3. Remember to keep h _ y the Lord's d _ y.

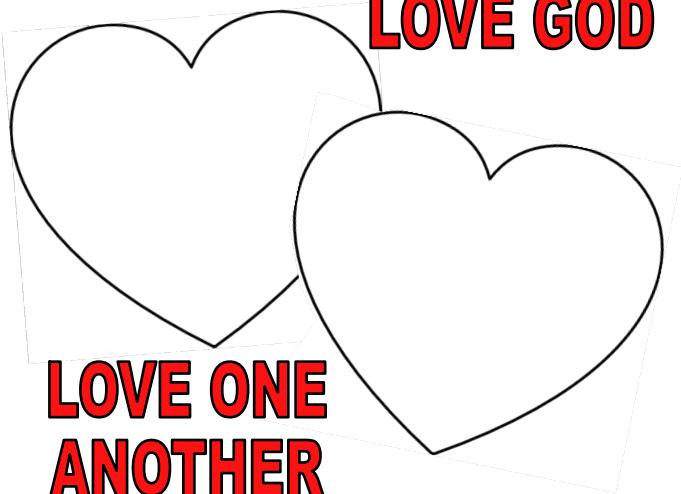
4. Honour your f _____ r and your m _____ r.
5. You shall not k _____.
6. You shall not commit a _ u _ t _ ry.
7. You shall not s ____ l.
8. You shall not bear f ____ e w _ t _ e _ s against your neighbour.
9. You shall not covet your neighbour's w _ f _.
10. You shall not covet your neighbour's g _ d _.



G __ gave the
10 Commandments to
M __ s on Mount
S _____.

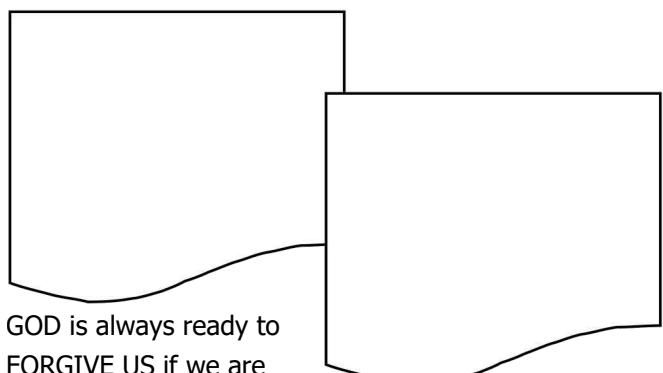
In the two hearts below write about or draw a picture about how you are going to LOVE GOD and LOVE OTHERS.

LOVE GOD



**LOVE ONE
ANOTHER**

In the two spaces below write about or draw a picture about how we sometimes are SELFISH towards God or others when we Sin.



GOD is always ready to FORGIVE US if we are

S _____

NAME

DATE

BIBLE READINGS

MOSES



God called Moses to lead the Israelites out of Egypt where they were treated as slaves. Moses led the people towards the land of Canaan. Soon the people were running short of food and water. But God loved his people. God provided them every day with water from the rocks, and 'manna' - amazing flakes that tasted really great as they crossed the desert!

After months on their journey, they stopped near Mount Sinai. Moses went up the mountain to pray. God talked to Moses and told him to write down some laws which he wanted to give him. Moses wrote down the laws on tablets of stone. He went down the mountain and read the laws to the people.

Then he told them what God had said to him: "If you obey these laws you will be the chosen people of God." The people shouted together: "We want to be the people of God! We will obey his laws!"



Based on Exodus, chapters 13 to 19

THE GREATEST COMMANDMENT

One day, a teacher of the Law, came to Jesus and asked him: "Teacher, which is the greatest commandment in the Law?"

Jesus answered: "Love the Lord your God with all your heart, with all your mind and with all your strength. This is the most important commandment." Then he continued: "The second most important commandment is like it: Love others as you love yourself."

Based on Matthew, chapter 22

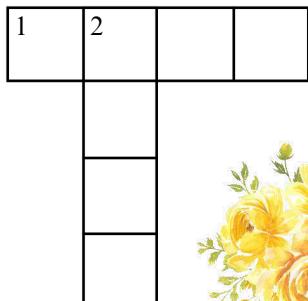
My Prayers - My thoughts - My Ideas

God loves me. I want to love him too by ...

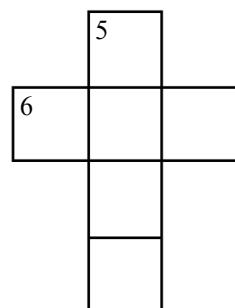


RCIC PROGRAMME
RITE OF CHRISTIAN INITIATION FOR CHILDREN

Home work



Complete the words in the sentences below.
Then use the same words to fill in the crosswords
using the missing words in the exercise below.



ACROSS

1. We p ___ when we talk and listen to God.
3. The Lord's day is S _____. .
6. When we keep God's commandments, we have J __ in our hearts.
7. We take part in the M ___ to celebrate the Lord's Day.

DOWN

2. Sunday is a day to r ___ from work.
4. We honour God's n _____. .
5. We l ___ God with our whole heart.
8. We s ___ in church to praise God.

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things.

I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin.

Our Savior Jesus Christ suffered and died for us. In his name, my God, have mercy.

There are several Act of Contrition Prayers. This Prayer was taken from Vatican News

NAME

DATE

Home work

Please read the story of St Theresa and write how you can be like St Theresa.

THE STORY OF A SAINT

ST THERESE

Theresa called herself the Little Flower of Jesus. She was born and lived in France and was the youngest of five sisters. They were a happy Catholic family. She liked looking at all the flowers: the roses, the lilies, the daises and the violets that bloomed in her garden and all around the countryside. Theresa loved the sweet smell of the violets best. These were tiny and hard to find among the green leaves. "Everything", Theresa thought, "is God's garden. I want to let God care for me, just as He cares for each of His flowers."



Theresa wanted to let God's love fill her heart. She always wanted to live in the love of God. Theresa knew that the flowers would lose their colour if it were sunny all the time. She knew that during heavy rain lilies swayed back and forth, but would lift their heads to the sky again when the storm was over. She was sure that God showed His love and care for us too - in times of joy, in times of sadness. Everyday Theresa would show God her love by doing what pleased Him. She tried not to say things that hurt others. She tried not to complain or lose her temper. She did what she was told even when she didn't feel like it.

Theresa wanted others to love God and become saints too. She would make sacrifices for others such as eating a jam sandwich that became mushy or by sharing her toys when she wanted to play by herself. Theresa kept a record of her sacrifices on a string of beads. Every time she did something for the love of God and of others she added a bead in the string. She used to say: "I look for tiny trifles, little opportunities that please Jesus." She wanted to be His little flower, bringing joy and happiness to everyone.



My thoughts - My Ideas

How can I be like Theresa? How can I be like a little flower offered to God?





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God's Laws

AIMS

1. To find ways how to live a life of love
2. To understand the ways we should live as Christians.
3. To introduce the Sacrament of Reconciliation as the way how we make friends again with God after sin.

KEY WORDS

- COMMANDMENTS
- LOVE GOD
- LOVE OTHERS

INTRODUCTION

- Start with prayers
- Ask children to give examples of rules they need to follow and why these rules are important
- Explain Original sin and that when we are baptised we are washed clean of this sin

RESOURCES

- Ten Commandments
- Role play cards
- Worksheet
- Homework sheet

MAIN

- Talk about the Last Judgement, when Jesus will come to judge. Read Matthew 25:41-43 ⁴¹"Then he will say to those on his left, 'Depart from me, you cursed, into the eternal fire prepared for the devil and his angels. ⁴²For I was hungry and you gave me no food, I was thirsty and you gave me no drink, ⁴³I was a stranger and you did not welcome me, naked and you did not clothe me, sick and in prison and you did not visit me.'
- Speak about the Ten Commandments use the resource sheet
- Read the Bible story on Moses and the Ten Commandments.
- What is the greatest law? The greatest law is "Love the Lord your God with all your heart and soul." How do we live this law? We live this law by praying, saying God's name with love, and celebrating the Lord's Day.
- Jesus gave us the Greatest Commandments, To love God above everything else and to love each other. These relate directly to the Ten Commandments. The first 4 Commandments are all how to love God The remaining Commandments are how to love each other.
- Ask children to break into three's and go through the cards and say which Commandment the card relates to.

NOTES

Remember other prayers. Go through the SORRY PRAYER or ACT OF CONTRITION with the children and invite them to learn it. Explain that we use this prayer to show how sorry we are for the times we failed to show true love to God (see Prayer Book).

ACTIVITY

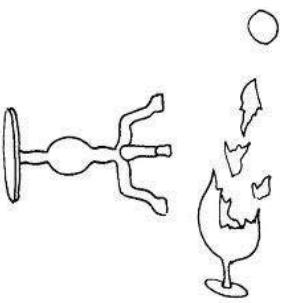
Role play cards - in groups of 3 use the role play cards to link back to the Ten Commandments.

Ask the children to learn the Sorry Prayer on page 7 and complete homework sheets

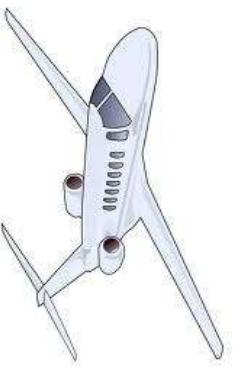
1. Mother looks sad and tired after supper. She starts to do the dishes. She asks for someone in the family to volunteer to help out but your favourite TV programme is about to start. What would you do? Which of the Commandments is this related to?



2. Sally broke a vase when rushing down the stairs at home. When her mum got back home and saw what happened she asked who had done it. Sally was listening in another room wondering if she should own up. What should she do? Which of the Commandments is this related to?



3. Jamie and his friends were playing a football match on the green of their estate. Suddenly one of the boys fouled another player and a fight broke out. Three of the boys on Jamie's team started hitting and kicking a boy from the other team. They shouted and wanted Jamie to join in. What should he do? Which of the Commandments is this related to?



4. Lee wished he had a remote controlled toy plane like his friend Steve had. While playing at his friend's house he was tempted to steal the toy and put it in his bag without his friend noticing. Steve had three of them after all. What should Lee do? Which of the Commandments is this related to?



First Reconciliation and Holy Communion Programme



THE SACRAMENT OF **RECONCILIATION**

Have you ever argued with a friend and then made friends again with them? Write their name and draw their picture here:

Do you remember the name of someone Jesus forgave? Write their name and draw their picture here:

In the Sacrament of RECONCILIATION we become

F _____ S A _____ N with God and with others.

Jesus himself forgives us of EVERY SIN if we are SORRY.



What act did Zacchaeus do for a penance?

Write YES or NO to show you understand what is the Sacrament of Reconciliation:

1. Does Jesus always forgive us when we are sorry? _____

2. Do we sin before we have chosen to do wrong? _____

3. Do we meet Jesus when we celebrate the Sacrament of Reconciliation? _____

4. Are accidents that happen in our daily life sins? _____

5. Do our sins hurt God's family - other people in the Church? _____

BIBLE READING

The Woman caught in sin...

One day Jesus was teaching people in the temple. Some people brought in a woman and said that she was a sinner. They made her stand before Jesus. All the people were watching her. "Teacher," they said, "Moses told us that women like this should be stoned to death. Now, what do you say?" They said this to trick Jesus. Jesus bent over and wrote something on the sand of the ground with his finger. They kept asking him questions. Jesus stood up and said: "Whoever has no sins may throw stones at her!" Jesus bent down again and continued to write on the ground.



One by one, all those who were accusing the woman left. The woman was still standing there.

Jesus stood up and said to her: "Where have they all gone? Is there no one to accuse you?"

"No one, Lord," she said.

"Well then," said Jesus, "Your sins are forgiven! Go and do not sin again."

Based on: John Chapter 8

ZACCHAEUS

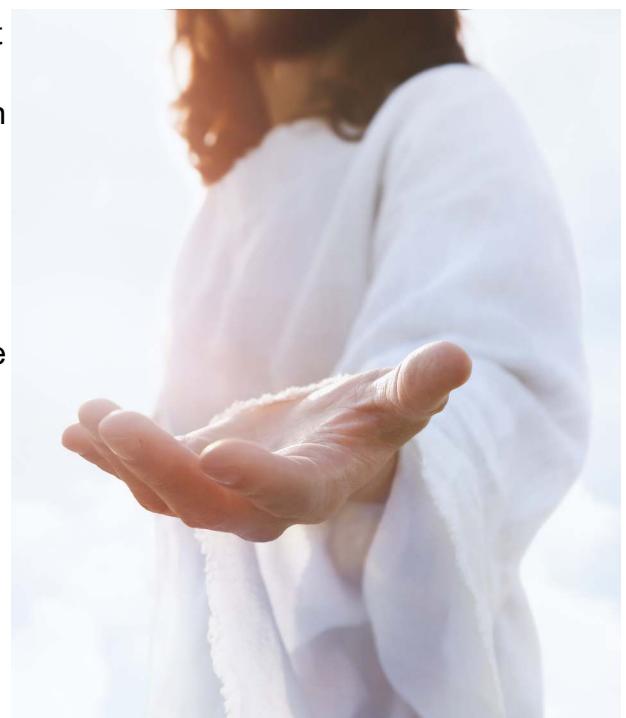
Zacchaeus had heard about Jesus but had never seen him. Once while Jesus was on the way to the town of Jericho, he decided to go and see him. Zacchaeus was a tax collector and often he stole a lot of money from the people by asking for more than he should. He was not a good person!

There were many people lining the streets where Jesus was passing. Zacchaeus was a short man, so he couldn't see Jesus from behind the crowds. He therefore decided to climb on to a tree to see Jesus as he passed by. When Jesus came along, he stopped and looked at him.

"Zacchaeus," said Jesus, "Come down! Today I want to stay at your house!"

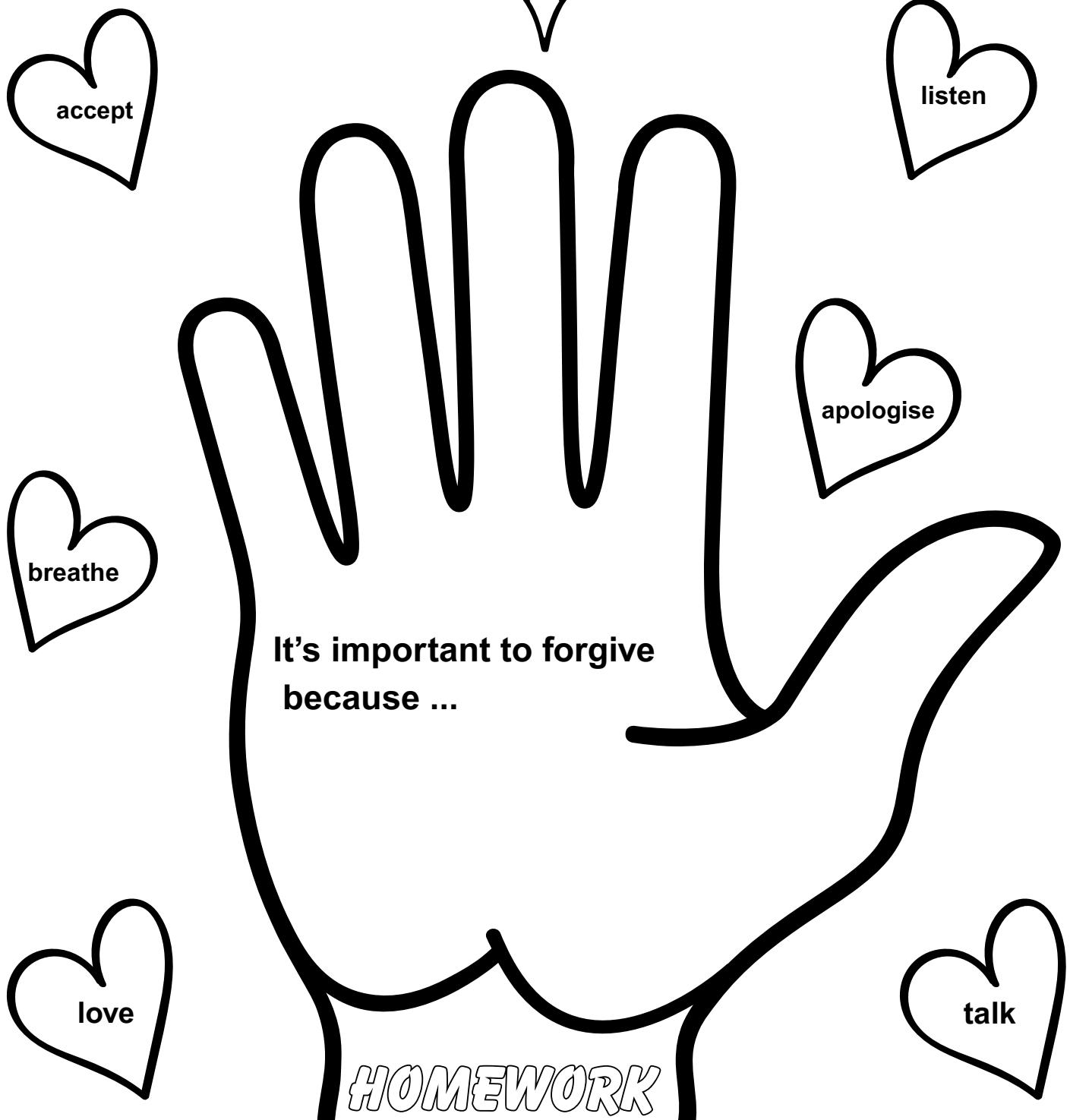
Instantly Zacchaeus climbed down the tree. He was very happy that Jesus was visiting his house. But other people were not happy. They complained: Zacchaeus is a bad man. Jesus should not go to his house!"

Zacchaeus said to Jesus: "I have taken a lot of money from people. Now I want to put things right! I am going to give half my money to the poor! I will also pay back the people that I have cheated four times as much!" Jesus said to him: "Zacchaeus, today is a very special day for you. God is very happy with you! Anyone can make a new start like you did, Zacchaeus!"



Based on Luke, chapter 19

- Think about why it can be important to forgive someone and write it on the palm of the hand.
- On each finger or thumb, write a way we can forgive someone. You can use the words that are dotted around to help you, or think of your own.
- Colour and decorate your forgiving fingers.



HOMEWORK

First Reconciliation and Holy Communion Programme



**Part
2**

The Sacrament of Reconciliation

Celebrating **FORGIVENESS**

Fill in the blank spaces with the following words:

Priest - sorry - Reconciliation - forgive - regularly - Sacraments - friendship

1. Confession is also called the Sacrament of R_____.

2. Confession is one of the seven S_____.

3. Every time I sin I lose God's f_____.

4. God is always ready to f_____ me.

5. I must always be s_____ for my sins.

6. The p_____ is chosen by Jesus to give us forgiveness in the Sacrament of Reconciliation.

As a Catholic I am expected to receive this Sacrament

7. r_____.



MAKING FRIENDS AGAIN...

1. Why do we need Reconciliation?

2. Give examples of times when we do something against God's will.

5 STEPS for Confession:



1	T _____ of my S _____.	
2		Be S _____ for my S _____.
3	Go to the P _____. Talk about your sins.	
4		Do your P _____.
5	Say T _____ Y _____ to God.	

My Prayers - My thoughts - My Ideas

My Sorry Prayer to Jesus ...

Dear Jesus...





NAME:

DATE: