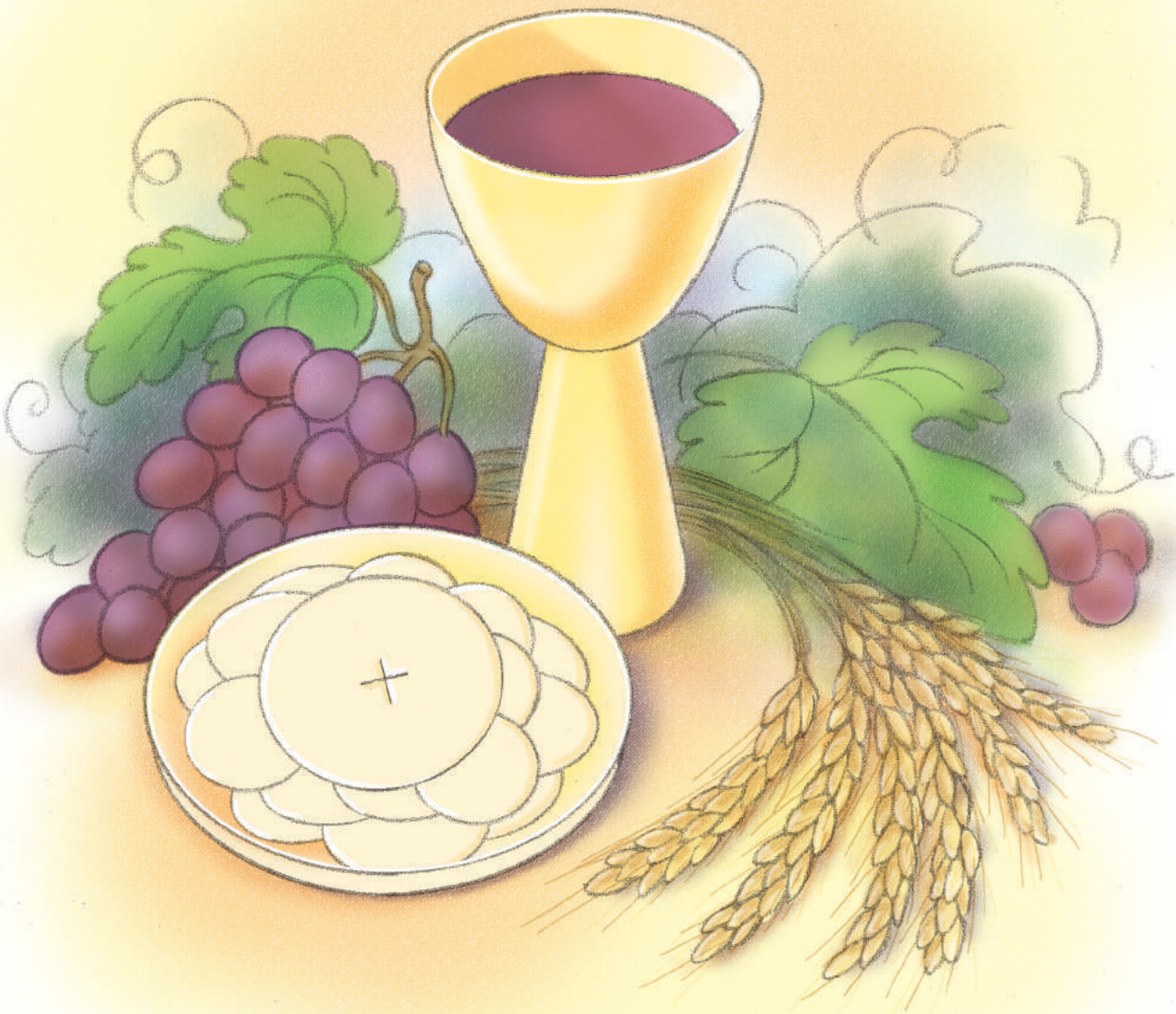


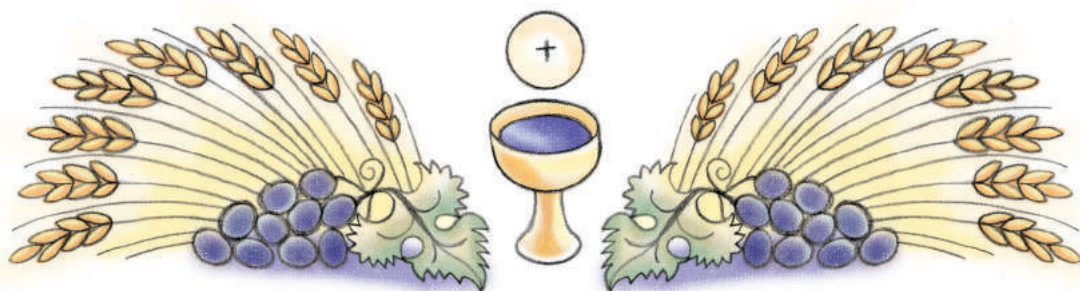
My First Communion



REMEMBRANCE BOOK

My First Communion

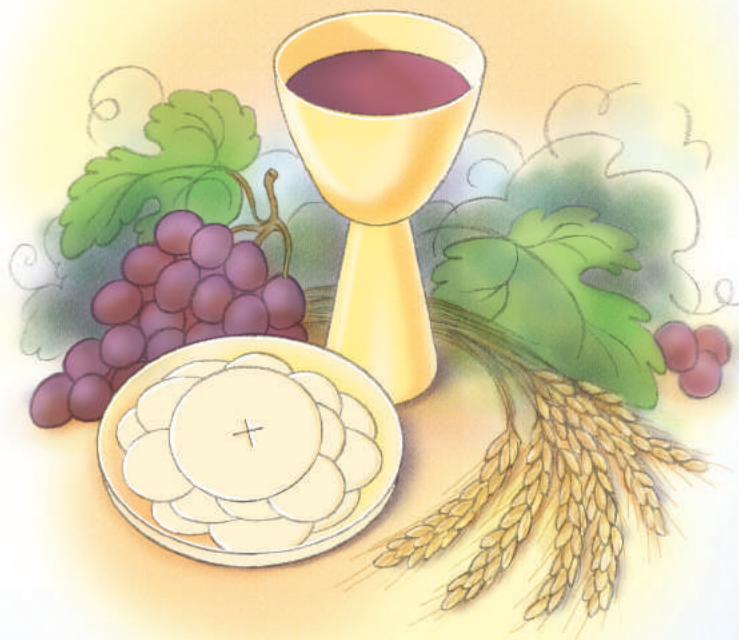
REMEMBRANCE BOOK

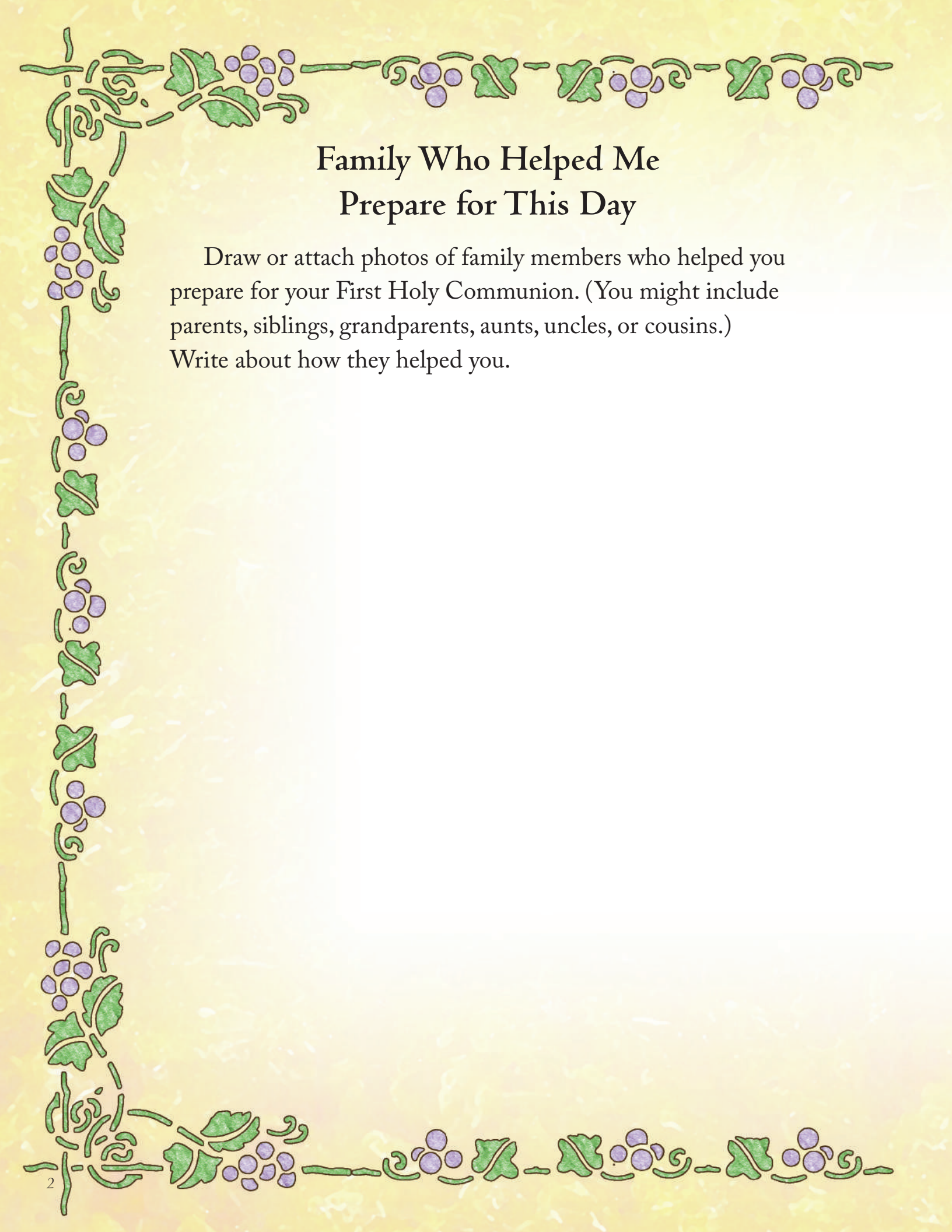


Written by Joan Marie Arbogast

Illustrated by Veronica Walsh

*I Prepared for
My First Holy Communion*

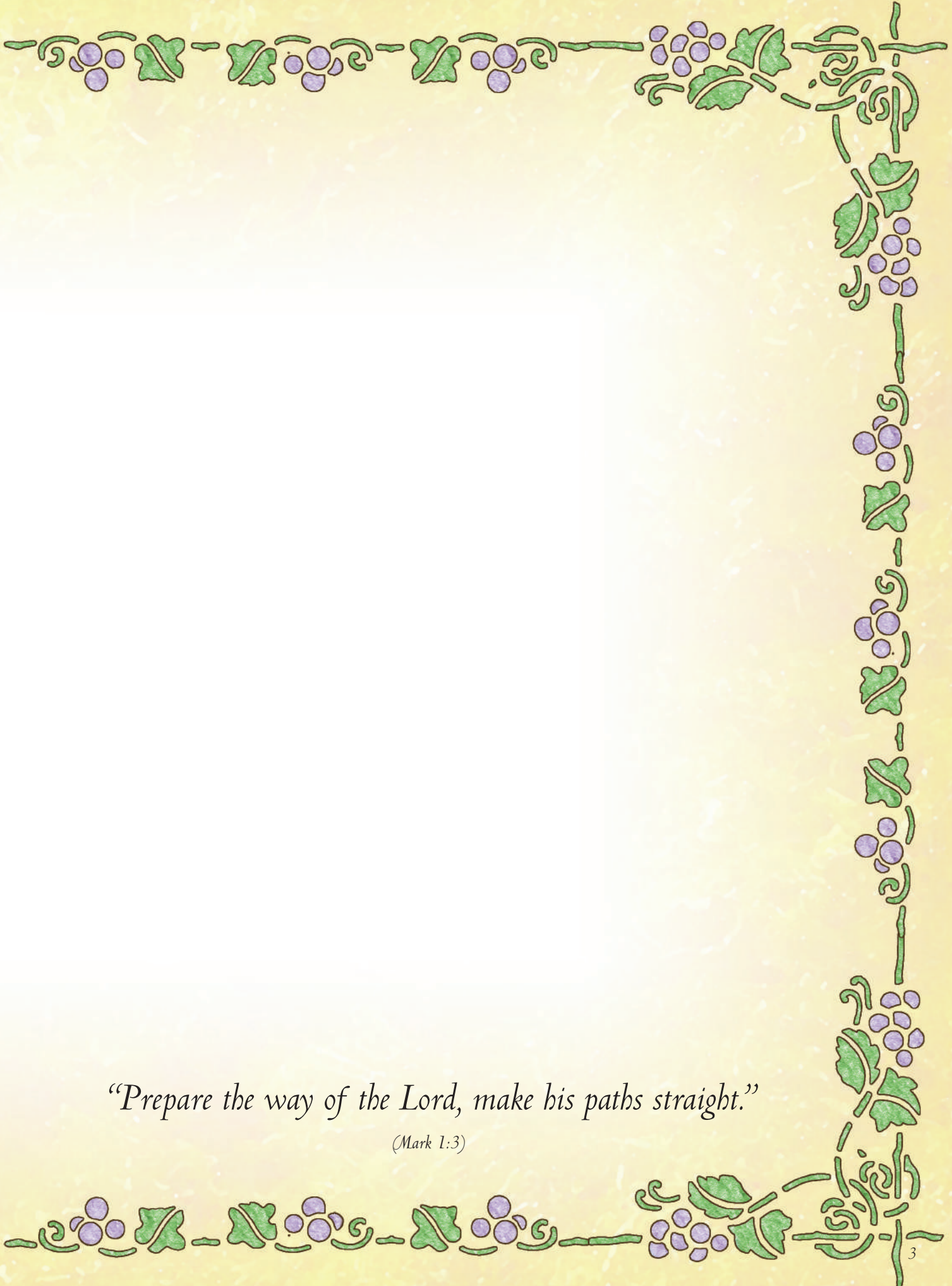




Family Who Helped Me Prepare for This Day

Draw or attach photos of family members who helped you prepare for your First Holy Communion. (You might include parents, siblings, grandparents, aunts, uncles, or cousins.)

Write about how they helped you.



“Prepare the way of the Lord, make his paths straight.”

(Mark 1:3)



Others Who Helped Me Prepare

Draw or attach photos of those who helped you prepare for your First Holy Communion: friends, teachers, priests, sisters . . .
Write about how they helped you.



I Prepared by Receiving the Sacrament of Reconciliation



*Before receiving the precious Body and Blood of Christ,
I asked forgiveness for my sins.*

Forgive me, Jesus, for I have sinned.

I am sorry I hurt you and others with my words
and actions.

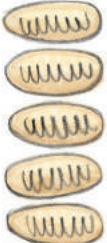
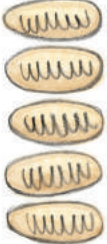
Please help me to love you with my whole heart, soul,
and being.

And help me to love others as you do.

Thank you for loving me always.

Thank you for forgiving my sins.

This I pray. Amen.



I received

the

Sacrament of Reconciliation

for the first time

on _____

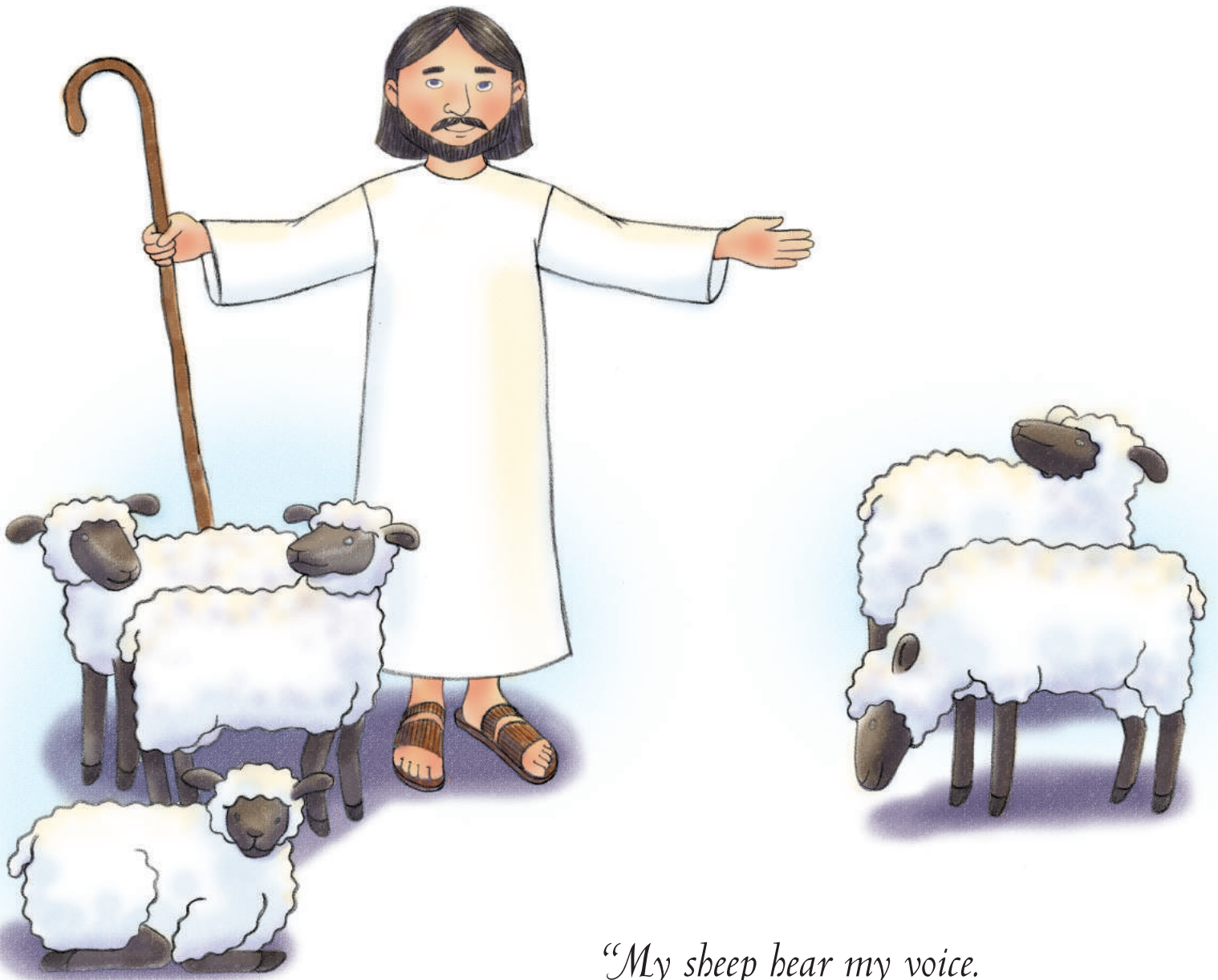
at _____ Parish

in _____.



As the Good Shepherd, Jesus calls us back to him when we are lost. Every time we receive the Sacrament of Reconciliation we grow closer to Jesus.

Now that you made your First Reconciliation, draw your “lamb” in the “flock” that follows the Good Shepherd.



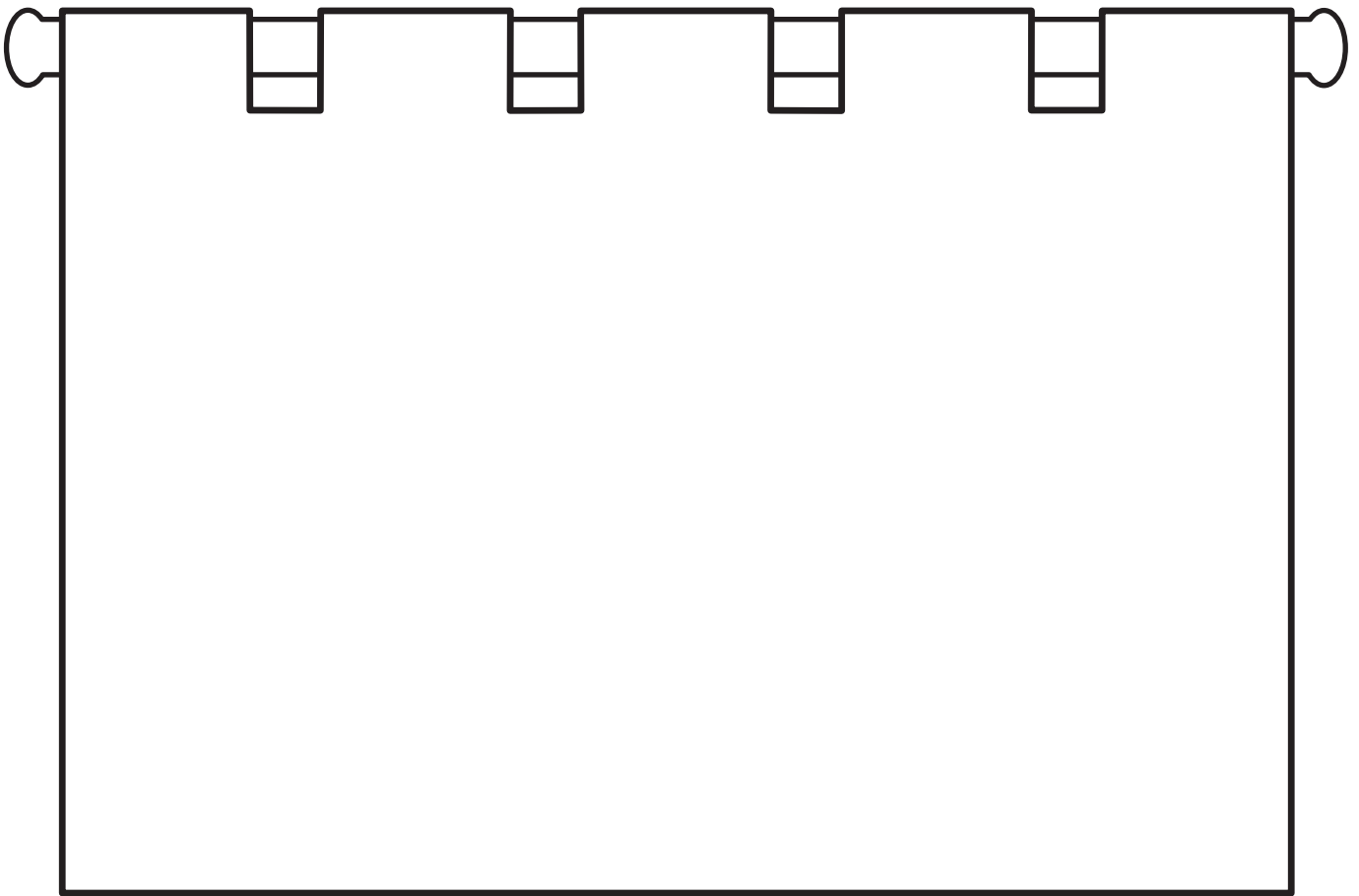
*“My sheep hear my voice.
I know them, and they follow me.”*

(John 10:27)

I Prepared by Learning about Symbols of the Eucharist

The Eucharist is the Real Presence of Jesus. The Church uses many images or symbols to remind us of the Eucharist.

Draw the symbols used for the Eucharist in the banners below.
Then circle the symbols used on your First Holy Communion banner.

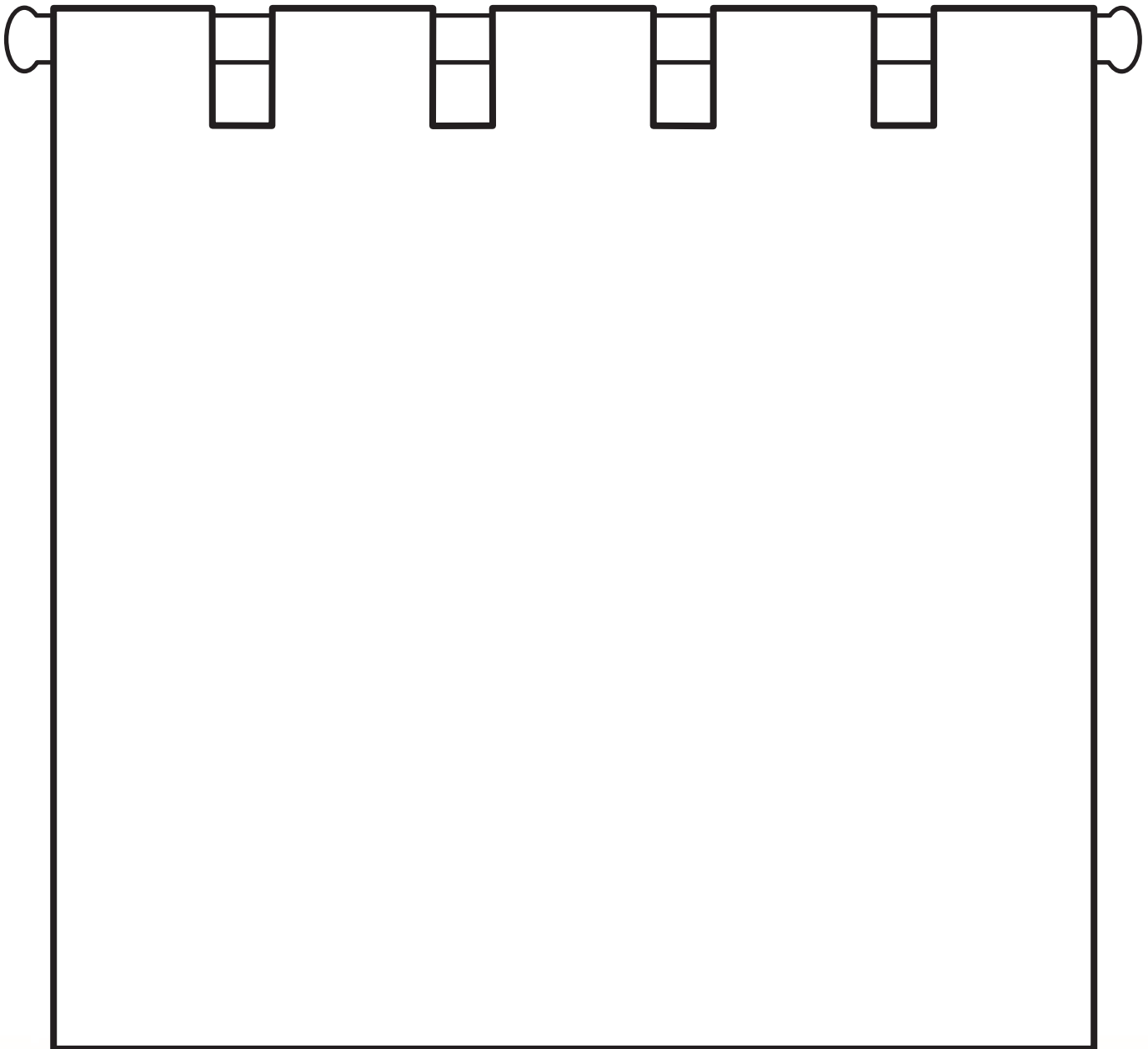


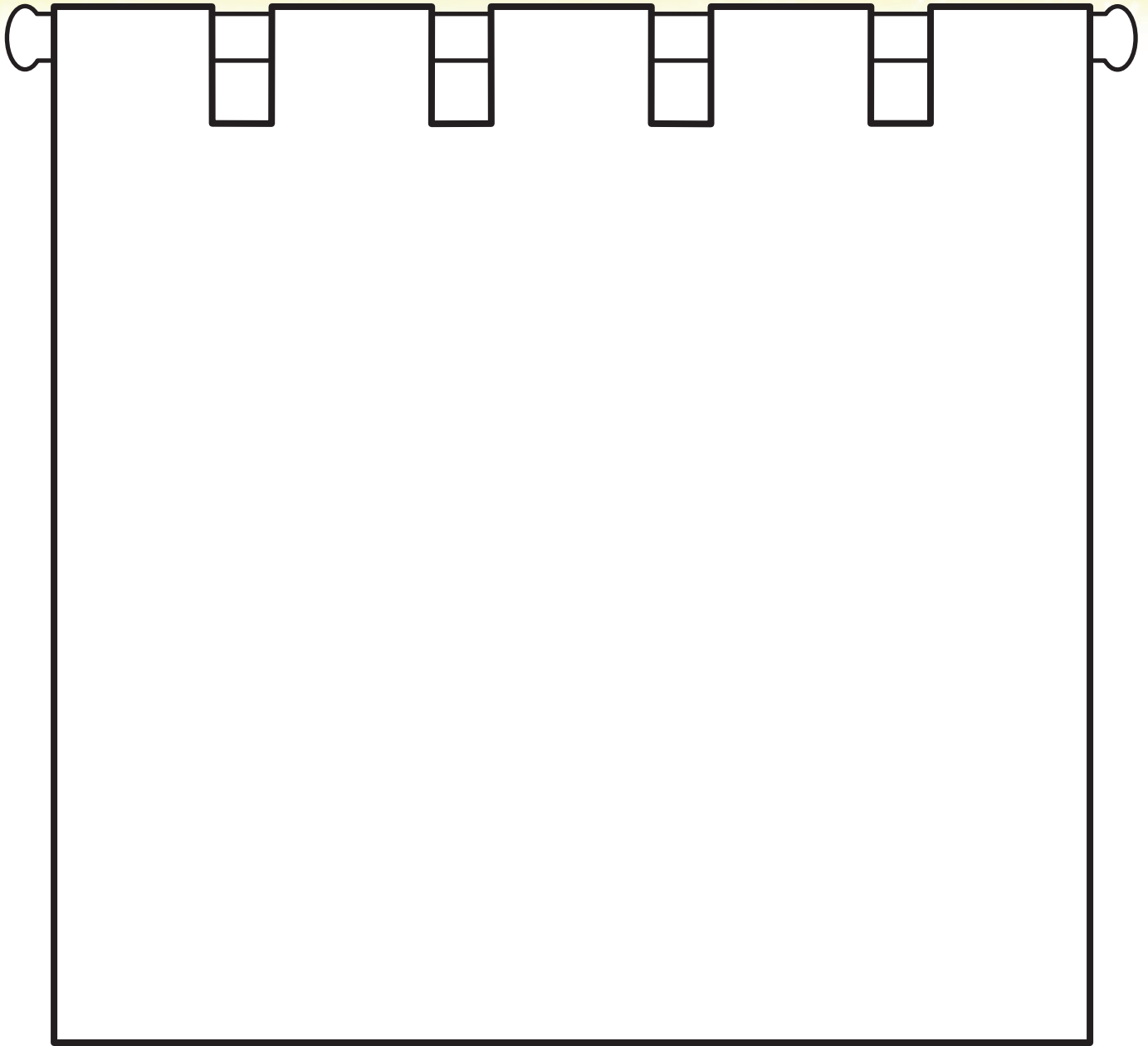
Wheat and Grapes

Wheat is a grain used to make bread. Grapes are a fruit used to make wine. Together, the wheat and grapes are a symbol for the bread and wine that become the sacred Body and Blood of Christ during Mass.

Host and Chalice

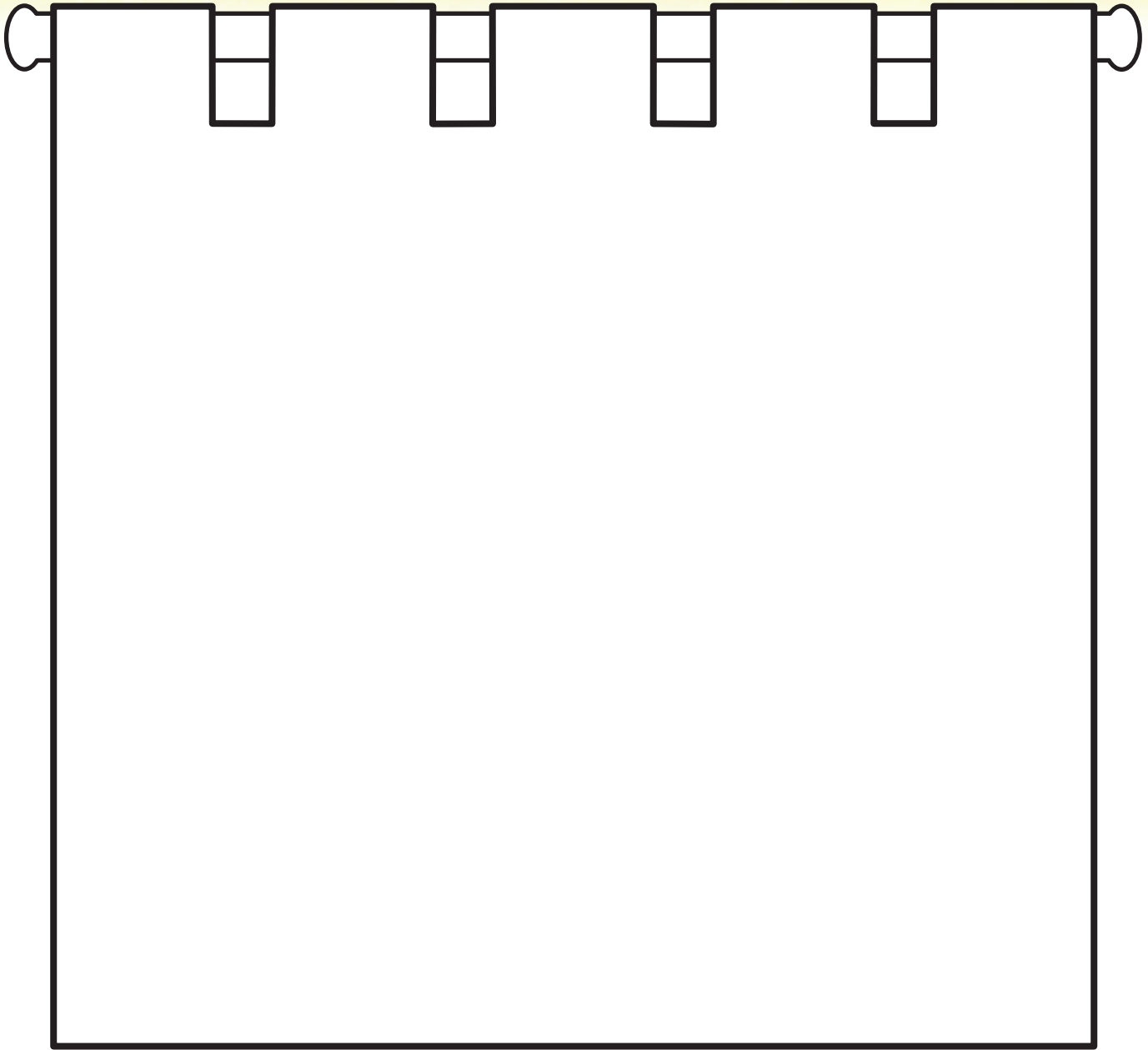
We see this symbol often. We see it on banners. We see it in stained glass windows. We find it on First Communion cards, too. It reminds us of the Body and Blood of Christ we receive in the Eucharist. Sometimes the host is marked with a cross. It reminds us that Jesus died for our sins.





Loaves and Fishes

This symbol reminds us of a Bible story. It reminds us of a miracle Jesus performed when he turned five loaves and two fishes into enough food to feed a large crowd. At Mass, Jesus feeds us with his Body and Blood. The loaves and fishes are one of the oldest symbols for the Eucharist.

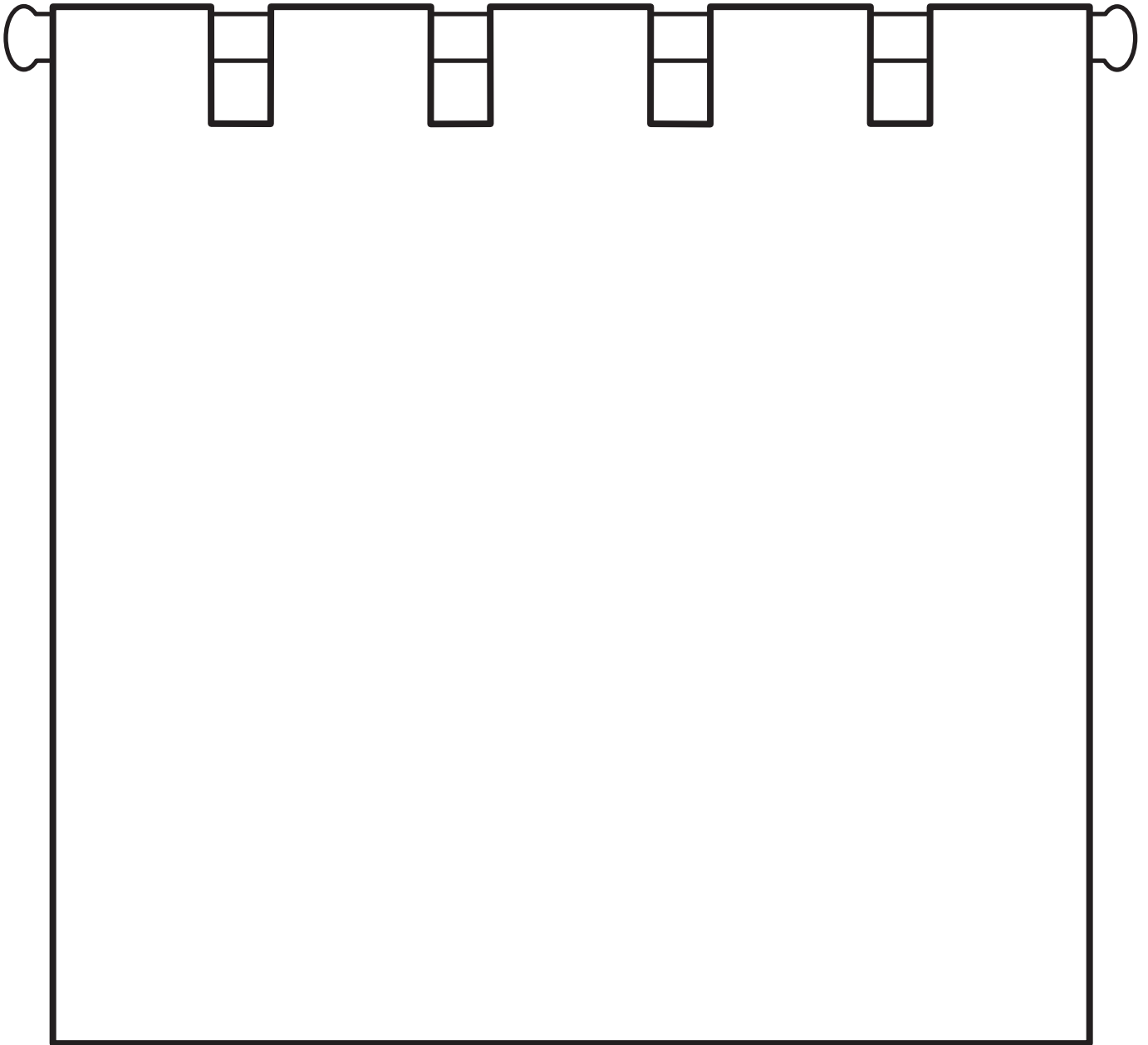


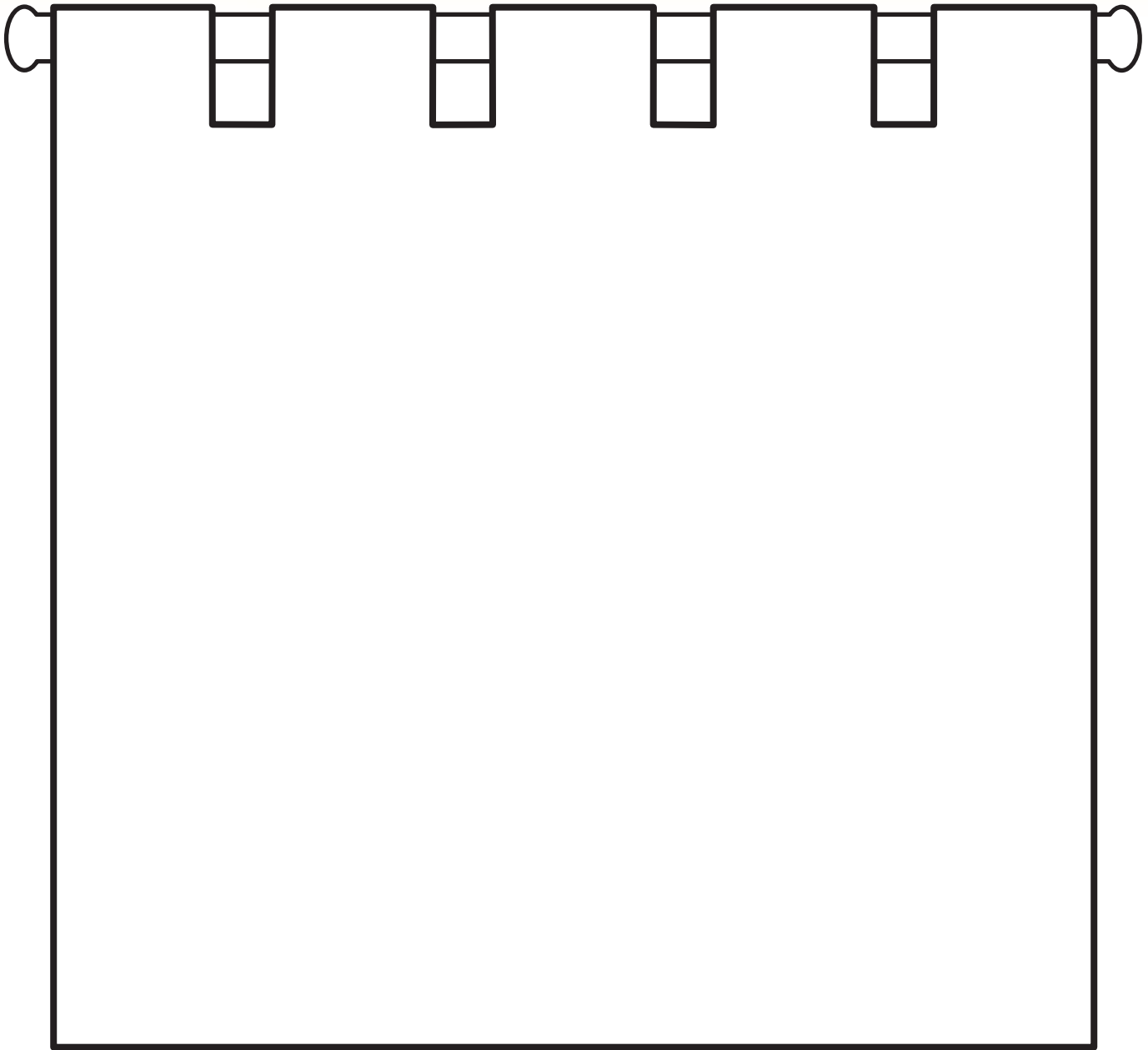
Broken Loaf of Bread and Cup of Wine

At the Last Supper, Jesus celebrated the Eucharist for the first time with his apostles. He took a loaf of bread. He blessed it. He broke it. He gave it to his apostles. He told them, "This is my Body, which will be given up for you." Then he blessed the wine and gave it to his apostles. He said, "This is my Blood. Do this in memory of me." Catholic Christians do this at every Mass.

Altar, Bread, and Wine

These symbols remind us of the bread and wine that are offered on the altar at Mass. When the priest consecrates our gifts of bread and wine, they become the Body and Blood of Christ.





Priest Raising the Host

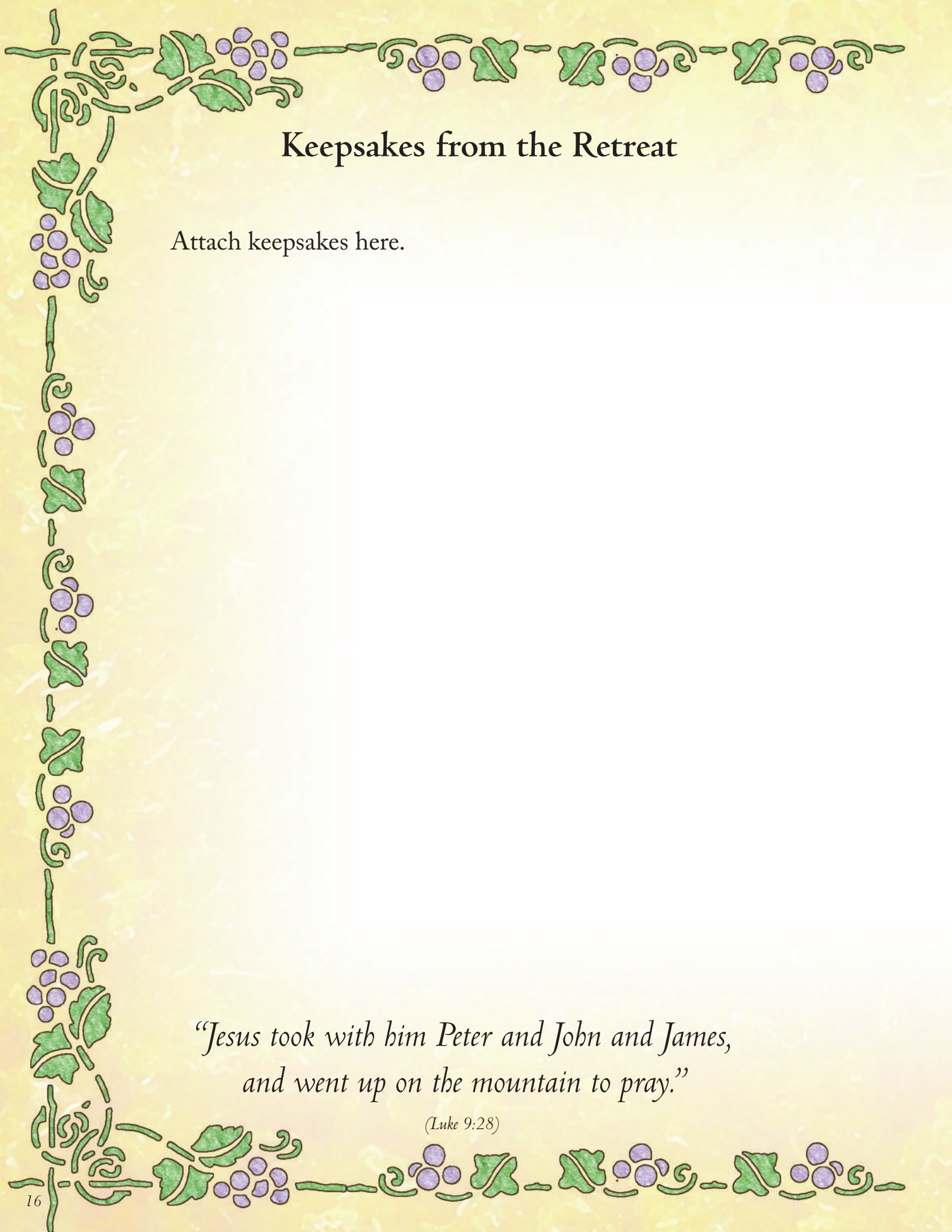
This symbol reminds us of a special part of the Mass. It is called the consecration. When the priest prays the words of consecration, the host becomes the Body of Christ that we receive. The wine becomes the Blood of Christ that we receive.

I Prepared with a Special Retreat

A *retreat* is a special “time apart” for thinking about God and praying to him, for listening to God and growing closer to him.

List some of the things you did during your retreat. (You might include singing, praying, listening to stories, making crafts, or sharing a special meal.)



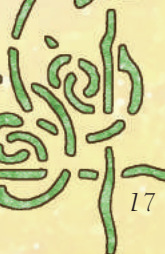


Keepsakes from the Retreat

Attach keepsakes here.

*“Jesus took with him Peter and John and James,
and went up on the mountain to pray.”*

(Luke 9:28)



Draw a picture of your favorite activity during the retreat or attach more keepsakes.

