



Family Home Catechesis in Preparation for First Holy Communion

General Directions for all Sessions

These sessions are meant to be **FAMILY** catechetical sessions. As far as possible other members of the family should take part and assume assistant roles. They are not meant to be solely instructions; they follow a shared reflection process. So the what the child shares is as important as what others may share. Let God's Holy Spirit speak faith to and from each one present – young and old.

The basic format of these family home sessions is similar for each one. The following is the outline:

The Aim: This is stated at the beginning of each session

The Note to the Parent:

Please read this for yourself it will give you the central message of the session.



The Room Setting:

- Sit with your child and other members of your family around the kitchen or dining table.



The Focus on the Table:

- Put a cloth on the table.
- Bible open at the proper Gospel or Scripture text
- Some bread
- and a candle on this table too.

The Quiet Time: Follow the directions outlined in the Session Plan

The Bible Story: (follow the pattern outlined here.)

Invite the child to light the candle on the table. Then she/he brings the open bible to the one who is to read.

All say: YOUR WORD, O LORD, IS BEAUTIFUL. IT IS OUR LIFE.

This acclamation can be repeated.

A Parent or any other member of the family reads the Gospel (prepare it beforehand!)

Parent or Reader: A Reading from the Holy Gospel according to John:

ALL: GLORY TO YOU, O LORD!

The Reader now slowly reads the assigned text from the Bible.

At the end of the Gospel story:

Reader: The Gospel of the Lord.

ALL: Praise to you, Lord Jesus Christ.

Read the Gospel story again.



The Family sharing (All discuss): Follow the directions given in the Session Plan

Share the following with all present: This is an Input given by the parent. The contents are given in the Session Plan

The Practice: This is indicated in the Session Plan.

The Celebration: This is indicated in the Session Plan. You may decide on a different format. **Do not leave it out!**

Enjoy yourselves as you and your family prepare with your child for her/his First Holy Communion
God bless your whole family!