



## Family Catechetics for First Holy Communion

**Aim:** To help the child to “come” to Mass and be present there.

## Session 13 Coming to Mass #1

### Room Setting:

All are seated in a circle in the room.

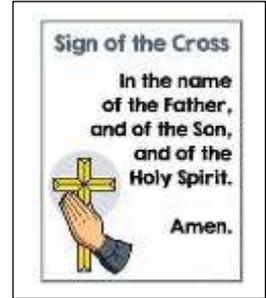
**Parent:** Welcome the child and the other members of the family.

Invite all to become quiet and think of the first thing they say at Mass on Sunday.

Allow a few minutes, and then invite all to share their thoughts.

Now tell the child: Soon we will be able to take part in Holy Mass in Church on Sundays.

So, we need to recall what we **say** and **do** at Mass.



### Brainstorm:

**Parent:** Invite the other members of the family to join in on the brainstorming: (**P**=Parent, **M**=Family member)

*P. What is the very first thing we do when we enter the Church for Holy Mass on Sundays?*

### After the Brainstorming:

**Explain to the family:** These ideas can be shared out among other members of the family.

A few answer such as: “Greeting friends”, may come up. These are important.

A. We are a **COMMUNITY** coming together for Mass on Sunday.

P. The word “Church” really means **the People Summoned by God** to come together to worship him. So when we gather at Church for Holy Mass on Sunday we are answering the call of God to come to him.

M. The hymn we sing together is to **“put us in the mood”** for the message that God has to give us.

P. After the hymn when Father comes to the Altar: He kisses the Altar. Why does he do this? The answers may vary: the main one is: **It’s a Holy Table – the Body and Blood of Jesus will be on it after the Consecration.**

M. The priest begins and we join him in making the Sign of the Cross:

➤ Let us all make the Sign of the Cross and say the words together...

➤ We all answer: **AMEN.**

P. What does “**AMEN**” mean? Again allow the various answers to surface. Whatever the answers, **Amen** means: **Let it be, or, I agree...** So what we are going to do together with the priest is **TOGETHER WITH God our Father, Jesus his Son and guided by the power of the Holy Spirit.**

M. To make sure the priest says: **“The Lord be with You.”**

P. He can use other greetings like:

**P. The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.**

M. Or: **Grace to you and peace from God our Father and the Lord Jesus Christ,”**

P. No matter which of these greetings the priest gives, we all answer: **AND WITH YOUR SPIRIT.**

M. Let’s practice these greetings and our reply.

Parent and other older members of the family take turns in saying the following greetings:

**P. The grace of our Lord Jesus Christ, and the love of God, and the communion of the Holy Spirit be with you all.**

*All answer: And with Your Spirit,*

**M. Grace to you and peace from God our Father and the Lord Jesus Christ,”**

*All answer: And with Your Spirit,*

**P. The Lord be with you.**

*All answer: And with Your Spirit,*



### Discussion: Parents invite answers to this question:

When the priest says these greetings, or if even I say them, what do we really mean?

**Celebration:** Have fun sharing these greetings with one another.

You could even sing a hymn which would “get us in the Mood” for Mass on Sundays!