

What do you want for your child?

Jesus used everyday things to point to “Kingdom of God” realities and so that we may choose to love like God.

Starting with what we know and do: Meal times and special celebrations . . .

Meal times are special

I wonder . . .



- ▶ When do you share meals with your family and friends?
- ▶ Who comes to your family meals?
- ▶ Who prepares the meals?
- ▶ Do you give thanks for the meal?
- ▶ Who do you give thanks to?



As followers of Jesus, we are part of God’s family – here is our family story by which we understand what we do and receive at Mass . . .

The Passover

The Jewish people have a special day to celebrate the time God saved their ancestors from the Egyptians. Moses led them out of Egypt and across the Red Sea. The Egyptians were not able to follow. The Jews were finally free, slaves no more. Every year since that day the Jewish people celebrate their escape from Egypt by having a special meal together. It is called the **Passover**.

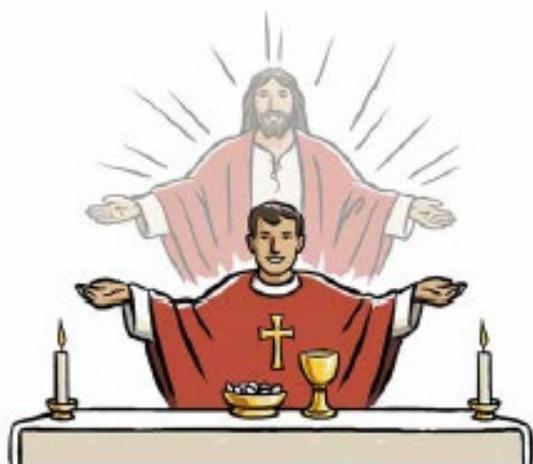


The Last Supper

Just before Jesus died he gathered his disciples together for the Passover meal. He asked his disciples to go and prepare a room and a table for the meal. When the time came for the meal, Jesus sat at the table with his disciples. This was the **Last Supper**.



What we do and receive at Mass



*Jesus Christ loves you;
he gave his life to save you;
and now he is living at your side every day
to enlighten, strengthen and free you.*

– Pope Francis

In the Eucharist, we receive the Risen Jesus – “the whole Christ”

Why?

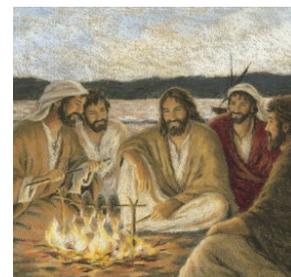
So that we may be “one with” Jesus in “giving thanks” (*eucharistia* in Greek) to our Father in Heaven.

The word “communion” means “to be one with”
derived from *com-* “with, together” + *unus* “oneness, union”

Through being “in communion” with the Risen Christ, we receive *the Power of the Resurrection within us*:

The whole Christ is truly present, body, blood, soul, and divinity, under the appearances of bread and wine—the glorified Christ who rose from the dead after dying for our sins. This is what we, the Church, mean when we speak of the “Real Presence” of Christ in the Eucharist (cf. US Catholic Bishops Conference; Council of Trent).

Receiving Jesus at Mass sustains our God-given gift of faith, which gives us *another way of knowing*. Faith is a loving knowledge. It makes us more and more Christ-like: to know ‘*what would Jesus do or say*’ in everyday situations. Faith in God helps us to become loving, resilient, hope-filled people. We want this for our children.



Becoming more and more like Jesus, we are saved from doing so many unnecessary things to do “*the one thing necessary*” (Luke 10:42) – *to be truly present to Jesus* so that we can love more truly like God in whose image and likeness we are created.

The Holy Spirit, our Helper, who is the Love of God, is given to us in **Baptism**, our commitment to live “as children of light” is strengthened in **Confirmation**; and, by receiving Jesus in the **Eucharist**, we are nourished and enabled to become more and more Christ-like *in living lives of thanksgiving (eucharistia)*.

Living a life of thanksgiving helps us to celebrate well and to ‘weather the storms of life’ – Jesus *is with us* as he promised, “Know that I am with you always, yes, even until the end of time.” Jesus is also called *Emmanuel*, especially at Christmastime, a name that means *God-with-us*. The Holy Spirit, our Helper, is given to us to help prompt us to freely make *life giving choices* to “love one another as I have loved you” as Jesus said to do.

Your child’s First Communion Preparation is about establishing an *ongoing, living relationship with Jesus* to help your child choose life everlasting. *Your presence with Jesus each Sunday at Mass speaks volumes . . .*

What do I want for you, my child? Will you choose to do “*the one thing necessary*” too, to be one with Jesus in giving thanks to our Father in heaven who offers us life everlasting?

