

What's next to prepare for First Eucharist?

- ✦ Pray for your child and family.
- ✦ As often as possible have family meals.
- ✦ Go to Mass regularly as a family.
- ✦ It is strongly recommended to attend Mass at the same time each week, when possible. The routine and familiarity help children to know the community and feel a stronger sense of belonging.
- ✦ Make a thank you scroll or box with your child (Since Eucharist is a celebration of thanks, the more awareness of what we are grateful for, the fuller our celebration of the Eucharist.)
- ✦ Practice receiving the host. Make the special "table" hands.
- ✦ Remind your child to say a thank you prayer after receiving and practice this.
- ✦ When we receive the Body and Blood of Christ we become more fully the Body of Christ in the world. How can we bring Christ to our world – at home, school, recreation, work? Talk this over with your child often.
- ✦ Connect this to the dismissal at the end of Mass, **"Go and love and serve the Lord."**
- ✦ Celebrate the Holy Week Liturgies. See the bulletin for times.