

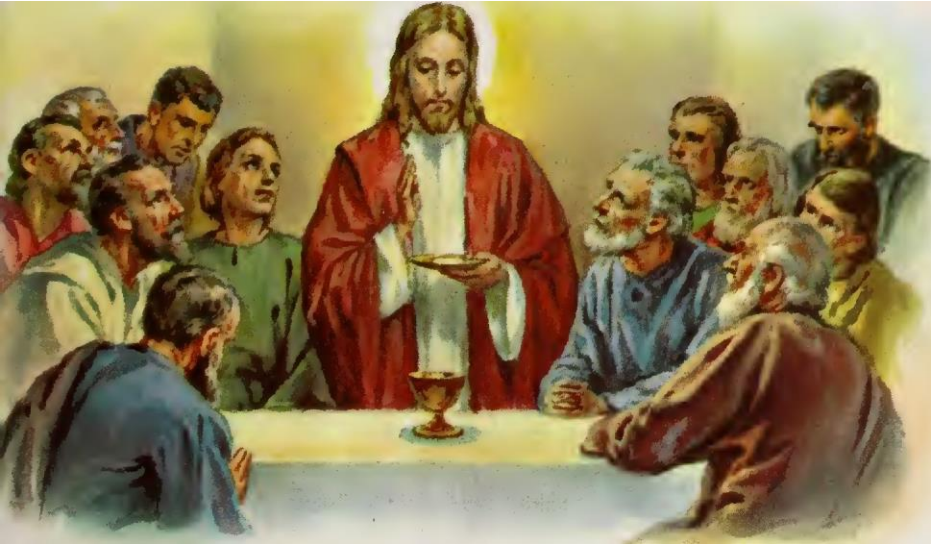
The New Saint Joseph

Baltimore catechism  
- Kelley (1963)  
AEA 7238 (Cat.)

65  
FIRST  
COMMUNION  
Catechism



# THE HOLY EUCHARIST



The Last Supper Was the **First Mass**

48. What is the sacrament of the Holy Eucharist?

**The Holy Eucharist is the sacrament of the body and blood of Our Lord Jesus Christ.**

The Holy Eucharist is Our Lord Himself.

He comes to us in Person.

He comes to be Food for our soul.

He comes to live in us.

He comes to stay with us.

He comes to help us always.

49. When does Jesus Christ become present in the Holy Eucharist?

Jesus Christ becomes present in the Holy Eucharist during the Sacrifice of the Mass.

### THE MASS IS OUR GIFT TO GOD

We offer bread and wine.  
The priest does it for us. We  
give our hearts to God.

Then the priest changes  
the bread and wine.  
They become the Body  
and Blood of Jesus.

The priest offers  
them to God.

This tells **God**  
we love Him.





Jesus offers Himself as He did on the Cross.

We also offer ourselves with Jesus.

We are willing to suffer with Him.

The Gift of Jesus on the Cross pleased the  
Father,

so the Father raised Jesus from the dead.

Our Gift at Mass pleases the Father too,

so the Father will raise us with Jesus.

Some day we will all be together **in** heaven.

**50. Do you receive Jesus Christ in the sacrament of the Holy Eucharist?**

**I do receive Jesus Christ in the sacrament of the Holy Eucharist when I receive Holy Communion.**

To show He is pleased, the Father invites us to  
His table.

He gives us something to eat.

He gives us what we have given Him.

He gives us the Flesh and Blood of His Son.

He gives us the Host which **looks** like bread,  
but which **is** JESUS CHRIST.

Jesus Christ is the Food and Drink of our soul.

It makes our souls **strong**.



**51. Do you see Jesus Christ in the Holy Eucharist?**

No, I do not see Jesus Christ in the Holy Eucharist because He is hidden under the appearances of bread and wine.

The **Eucharist** is **Christ**.

He is really there.

We cannot see Him.

We cannot hear Him.

But **He is there**.

The **HOST** **looks** like bread.

But it **is really** the **Body of Jesus**.

The big Host is for the priest.

The small Hosts are for the people.

Each Host is **Jesus**.

The **CHALICE** contains the **Blood**.

It **looks** and **tastes** like wine.

But it is really the Blood of Jesus.

The Mass is an act of love.

Our Lord says to His Father, "I love You."

He tells this to the Father for us.

He wants us to say it with Him.



**52. What must you do to receive Holy Communion?**

**To receive Holy Communion I must:**

- 1. Have my soul free from mortal sin.**
- 2. Not eat anything for one hour before Holy Communion or drink anything for one hour. But water may be taken at any time before Holy Communion.**

People in **mortal sin** may **not** go to Communion.

It is a big sin if they go.

The life of Christ in their souls is **dead**.

Dead people cannot eat.

But sick people need to eat.

**Venial** sin makes the soul **sick**.

We **can receive** Communion with **venial sins**.

But first we should be sorry for our sins.

I must not eat for one hour before  
Communion.

I must not drink anything for one hour.

I may take water or medicine any time.

All this is to show respect for Our Lord.

**53. What should you do before Holy Communion?**

**Before Holy Communion I should:**

- 1. Think of Jesus.**
- 2. Say the prayers I have learned.**
- 3. Ask Jesus to come to me.**

54. What should you do after Holy Communion?

After Holy Communion I should:

1. Thank Jesus for coming to me.
2. Tell Him how much I love **Him**.
3. Ask Him to help me.
4. Pray for others.

Then thank Him, talk to Him, ask His help.

### CAN YOU ANSWER THESE?

1. Who comes to live in us at Communion time?
2. Why does He come to us?
3. Who offers the Mass for us?
4. What do the bread and wine at Mass become?
5. What does Jesus say to His Father at Mass?

#### PRAYER

##### BEFORE COMMUNION

**M**y JESUS, I need You.

It is hard for me to be good.

Come to make my soul strong.

Give my soul its Food and Drink.

Let me grow in Love for You.

#### PRAYER

##### AFTER COMMUNION

**M**y JESUS, I love You.

Stay with me always.

I need Your help to be good.

Change what is bad in me.

Make me just like You.



# THE HOLY MASS



## THE MASS IS CHRIST'S ACT OF LOVE

Our Lord faces two ways at Mass .

1. He looks up to heaven.

He gives Himself to the Father in love.

And we give ourselves with Him.

2. He looks at us.

He gives us His own **Body** and Blood.

They are Food and Drink for our souls.

# What are the items used at Mass?

Practical guide of the objects used at the altar  CatholicLink

## Chalice



A large cup used to hold the wine which becomes the Blood of Christ.

## Purificator



A white cloth that the priest uses to cleanse the chalice.

## Ciborium



It is used to hold the Hosts which will be used for communion.

## Corporal



A linen cloth on which the vessels (with bread and wine) are placed.

## Pall



It is a stiff, square, white cover that is placed over the chalice.

## Host and paten



The host is placed in the paten (a saucer-like disk).

## Lavabo and manuterge



They are used by the priest to wash his hands during Mass.

## Cruets



Small vessels that hold the water and wine.

## Roman Missal



It contains the prayers, chants and instructions for the Mass.


## Candles and crucifix



It reminds us of the sacrifice of Christ, Light of the World.

## Holy Days of Obligation in the Catholic Church

- January 1: **The Feast of Mary, the Mother of God.**
- 40 days after **Easter Sunday: Ascension Thursday.**
- August 15: **Assumption of Mary** into heaven.
- November 1: **All Saints' Day.**
- December 8: **The Feast of the Immaculate Conception.**
- December 25: **Christmas, the Nativity of Our Lord.**



# CONGREGATIONAL RESPONSES FOR MASS

RESPONSES UPDATED ACCORDING TO THE NEW TRANSLATION OF THE ROMAN MISSAL

## GREETING

*Priest:* The Lord be with you.  
*People:* And with your spirit.

## PENITENTIAL ACT

*A* – I confess to almighty God  
and to you, my brothers and sisters,  
that I have greatly sinned,  
in my thoughts and in my words,  
in what I have done  
and in what I have failed to do,  
through my fault, through my fault,  
through my most grievous fault;  
therefore I ask blessed Mary ever-Virgin,  
all the Angels and Saints,  
and you, my brothers and sisters,  
to pray for me to the Lord our God.

– or –

*B* – *Priest:* Have mercy on us, O Lord.  
*People:* For we have sinned against you.  
*Priest:* Show us, O Lord, your mercy.  
*People:* And grant us your salvation.

– or –

*C* – Lord/Christ have mercy.

## GLORIA

Glory to God in the highest,  
and on earth peace to people of good will.  
We praise you, we bless you,  
we adore you, we glorify you,  
we give you thanks for your great glory,  
Lord God, heavenly King,  
O God, almighty Father,  
Lord Jesus Christ, Only Begotten Son,  
Lord God, Lamb of God,  
Son of the Father,  
you take away the sins of the world,  
have mercy on us;  
you take away the sins of the world,

receive our prayer;  
you are seated at the right hand  
of the Father, have mercy on us.  
For you alone are the Holy One,  
you alone are the Lord,  
you alone are the Most High, Jesus Christ,  
with the Holy Spirit,  
in the glory of God the Father. Amen.

## GOSPEL ACCLAMATION


*Deacon (or Priest):* A reading from the  
Holy Gospel according to N.  
*People:* Glory to you, O Lord.

## NICENE CREED

I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.  
I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
consubstantial with the Father;  
through him all things were made.  
For us men and for our salvation  
he came down from heaven,  
and by the Holy Spirit  
was incarnate of the Virgin Mary,  
and became man.  
For our sake  
he was crucified under Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven and is seated  
at the right hand of the Father.

– continued –





He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.  
I believe in the Holy Spirit, the Lord,  
the giver of life, who proceeds from  
the Father and the Son,  
who with the Father and the Son  
is adored and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic  
and apostolic Church.  
I confess one baptism  
for the forgiveness of sins  
and I look forward to the resurrection  
of the dead  
and the life of the world to come. Amen.

#### INVITATION TO PRAYER

May the Lord accept the sacrifice  
at your hands  
for the praise and glory of his name,  
for our good  
and the good of all his holy Church.

#### PREFACE DIALOGUE

*Priest:* The Lord be with you.  
*People:* And with your spirit.  
*Priest:* Lift up your hearts.  
*People:* We lift them up to the Lord.  
*Priest:* Let us give thanks  
to the Lord our God.  
*People:* It is right and just.

#### HOLY, HOLY, HOLY

Holy, Holy, Holy Lord God of hosts.  
Heaven and earth are full of your glory.  
Hosanna in the highest.  
Blessed is he who comes  
in the name of the Lord.  
Hosanna in the highest.

#### THE MYSTERY OF FAITH

*Priest:* The mystery of faith.

*People:*

*A* – We proclaim your Death, O Lord,  
and profess your Resurrection  
until you come again.

~ or ~

*B* – When we eat this Bread  
and drink this Cup,  
we proclaim your Death,  
O Lord,  
until you come again.

~ or ~

*C* – Save us, Savior of the world,  
for by your Cross  
and Resurrection,  
you have set us free.

#### SIGN OF PEACE

*Priest:* The peace of the Lord  
be with you always.  
*People:* And with your spirit.

#### LAMB OF GOD

*Priest:* Behold the Lamb of God,  
behold him who takes away  
the sins of the world.  
Blessed are those called  
to the supper of the Lamb.  
*All:* Lord, I am not worthy  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.

#### CONCLUDING RITES

*Priest:* The Lord be with you.  
*People:* And with your spirit.

[www.AndWithYourSpirit.com](http://www.AndWithYourSpirit.com)

The English translation of *The Roman Missal* © 2010, International Committee on English in the Liturgy, Inc. All rights reserved.  
Published with the approval of the Committee on Divine Worship, United States Conference of Catholic Bishops

