

FIRST HOLY COMMUNION

Manasses, Demetrius
First holy communion
AERØÆSI (Child.)



FOR LITTLE CATHOLICS



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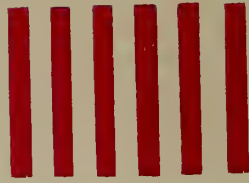
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FIRST HOLY COMMUNION

For Little Catholics

BY FATHER DEMETRIUS MANOUSOS, O.F.M., CAP.

ILLUSTRATED BY CATHERINE BARNES



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Decidmed



Jack and Jenny are very happy. They run home quickly. Sister told them that they may make their First Communion.



Mother is glad. "Jesus loves you," she says. "That is why we have Holy Communion."



Jesus is God.

Jesus can do anything He wants to do. One day He took five loaves of bread. He blessed the bread.



After Jesus blessed them, the five loaves turned into enough bread for five thousand people. Jesus loved the people, and He wanted to feed them.

Jesus loves Jack and Jenny and all the other people in the world. He wants to give them enough to eat for their souls. He says: "I shall be your Bread."



Jesus is God.

He can do whatever He wants. He wants to give Himself to us to make us strong. He loves us.

On the night before He died, Jesus took bread
in His hands and said, "This is My Body."



And the bread became Jesus.

Jesus took wine in a cup and said:
“This is My Blood.”



And the wine became Jesus.

That was the first Mass.

Then Jesus gave His Apostles and all other priests
the power to say Mass.

The priest says Jesus' words over the bread.



And the bread becomes Jesus.

It looks like bread.
It tastes like bread.
It feels like bread.
But it is not bread anymore.



It is Jesus.



We adore Jesus in the Blessed Sacrament.



We receive Jesus in Holy Communion.



Holy Communion is a sacrament, because it gives us grace.

Grace makes our souls holy.

Grace makes Jesus love our souls, because it is a share in His own life.

Grace helps us to love Jesus.

Jesus comes to us whenever we receive Holy Communion.

Food makes our bodies strong. Jesus makes our souls strong.

Jack and Jenny are hurrying to school. Today Sister will teach them how to receive Holy Communion.

Sister teaches them what to do . . .

—before Holy Communion

—when receiving Holy Communion

—and after Holy Communion.



Before Holy Communion



You must prepare your body by not eating or drinking anything except water after midnight. If you eat or drink something after midnight by mistake, then you must not go to Holy Communion.

(Sometimes sick people may be permitted to receive Holy Communion after drinking something else besides water. But a priest must always be asked first, and what he says must be done.)

You must prepare your soul by being free from mortal sin. If anyone has such a serious sin, he may not receive Holy Communion until the sin has been forgiven in confession.

You need not go to confession every time you are going to receive Holy Communion. You can receive Holy Communion any time you have no mortal sin on your soul. But it is good to go to confession often.





When you are going to receive Holy Communion, think of Jesus. Say the prayers you have learned. Ask Jesus to come to you because you love Him and want Him to make you strong.

Go up to the altar rail reverently.
Do not rush or push.





Kneel straight and lean against the altar rail. Fold your hands in front of your chest. Do not put your hands in front of your face.

When the priest comes to you . . .

- hold your head up
- put your tongue out
- lower your eyes
- and hold still.





When the priest has put the Blessed Sacrament on your tongue, close your mouth and bow your head. Swallow the Host as soon as you can.

After Holy Communion



After you have received Holy Communion, go back to your seat reverently.

Thank Jesus for coming to you.



Tell Jesus how much you love Him.

Ask Jesus for the things you want Him to do for you. Pray for your father and mother, your relations and friends. Remember that Jesus is with you. This brings you closer to all of His large Family all over the world.

Remember that Jesus
is inside of you. Try to
be extra good after Holy
Communion to show
Jesus that you are glad
He is with you.



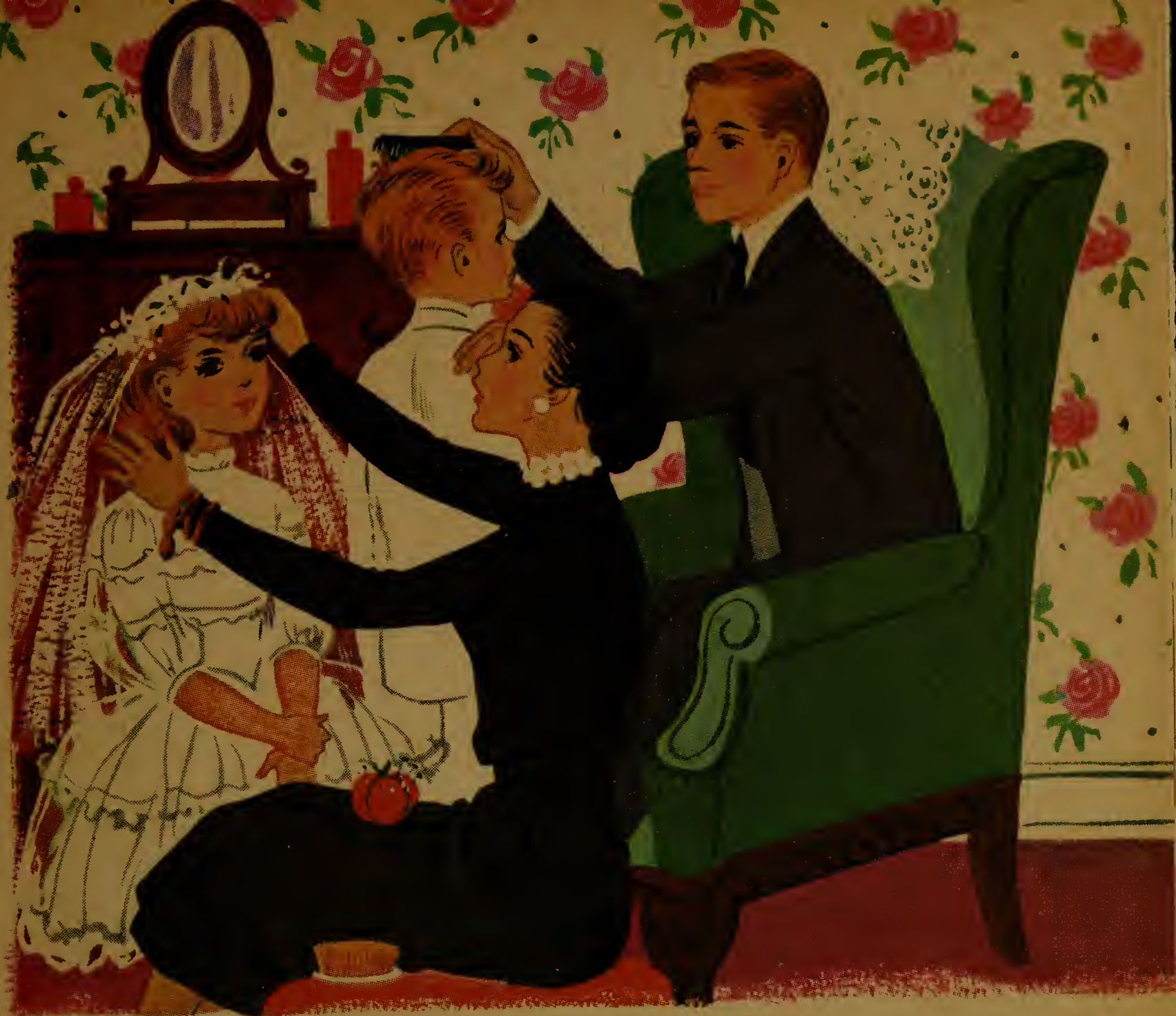
Today is the big day.

Jack and Jenny are going to receive their First Holy Communion this morning.



“Be sure not to eat or drink anything,” says Jenny.

“I can have a drink of water, but nothing else,” says Jack. “I will make no mistake.”



Every time they go to church, Jack and Jenny wear clothes which are neat and clean. But today is extra special.

Jenny has a beautiful white dress and veil.
Jack has a new suit.



Everything is very beautiful in church.

“But not so beautiful as my soul will be when Jesus comes to me,” thinks Jenny.



The singing of the choir is strong and powerful.
“But not so strong as my soul will be when Jesus
comes to me,” thinks Jack.

Jesus comes.
Good Jesus.
Sweet Jesus.
How I love You!





“Daddy, I am so happy!” cries Jenny.



Jenny should be happy.
She is holier now.
She is stronger now.
She is closer to Jesus.

“I wish I could receive Holy Communion again—
right away,” says Jack.



You are permitted to receive Communion only
once a day. But you may receive it every day.

Jack and Jenny are going to receive Holy Communion every Sunday. They want to go to Holy Communion every chance they get.

Why shouldn't they?

I know I want to receive Jesus every chance I get.
Don't you?











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