

FIRST COMMUNION

# Catechism

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*Holyoke, Mass.*

This Catechism is compiled for children  
preparing for First Holy Communion.

It might be used also during  
the year that follows.

TEACHERS SHOULD STRESS THE STATEMENTS  
AND URGE THE PRACTICES SUGGESTED AFTER  
EACH LESSON

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## THE OUR FATHER

Our Father, Who art in heaven,  
 Hallowed be Thy name ;  
 Thy kingdom come ;  
 Thy will be done on earth as it is in heaven.  
 Give us this day our daily bread ;  
 And forgive us our trespasses,  
 As we forgive those who trespass against us ;  
 And lead us not into temptation,  
 But deliver us from evil. Amen.

## THE HAIL MARY

Hail Mary, full of grace !  
 The Lord is with thee ;  
 Blessed art thou amongst women,  
 And blessed is the fruit of thy womb, Jesus.  
 Holy Mary, Mother of God,  
 Pray for us sinners,  
 Now and at the hour of our death. Amen.

## ANGEL OF GOD

Angel of God, my guardian dear,  
 To whom God's love commits me here,  
 Ever this day be at my side,  
 To light and guard, to rule and guide. Amen.

## AN ACT OF CONTRITION

O my God,  
 I am heartily sorry for having offended Thee,  
 And I detest all my sins,  
 Because of Thy just punishments,  
 But most of all  
 Because they offend Thee, my God,  
 Who art all-good and deserving of all my love.  
 I firmly resolve, with the help of Thy grace,  
 To sin no more  
 And to avoid the near occasions of sin.

## THE DOXOLOGY

Glory be to the Father, and to the Son,  
 And to the Holy Ghost.  
 As it was in the beginning, is now,  
 And ever shall be, world without end. Amen.

## BLESSING BEFORE MEALS

Bless us, O Lord, and these Thy gifts,  
 which we are about to receive from Thy bounty,  
 through Christ, Our Lord. Amen.

## GRACE AFTER MEALS

We give Thee thanks for all Thy benefits,  
 O Almighty God, Who livest and reignest forever ;  
 and may the souls of the faithful departed,  
 through the mercy of God, rest in peace. Amen.

## THE APOSTLES' CREED

I believe in God, the Father Almighty,  
     Creator of heaven and earth ;  
 And in Jesus Christ, His only Son, our Lord ;  
 Who was conceived by the Holy Ghost,  
     born of the Virgin Mary,  
 Suffered under Pontius Pilate,  
     was crucified, died, and was buried.  
 He descended into hell ;  
     the third day He arose again from the dead ;  
 He ascended into heaven, sitteth at the  
     right hand of God, the Father Almighty ;  
 From thence He shall come to judge  
     the living and the dead.  
 I believe in the Holy Ghost,  
 The Holy Catholic Church, the communion of  
     Saints,  
 The forgiveness of sins,  
 The resurrection of the body,  
 And life everlasting. Amen.

## THE HAIL HOLY QUEEN

Hail, Holy Queen, Mother of mercy,  
 Our life, our sweetness and our hope.  
 To thee do we cry, poor banished children of Eve ;  
 To thee do we send up our sighs,  
 Mourning and weeping in this valley of tears.  
 Turn, then, most gracious advocate,  
 Thine eyes of mercy towards us ;  
 And after this, our exile,  
 Show unto us the blessed fruit of thy womb, Jesus.  
 O clement, O loving, O sweet Virgin Mary.  
     Pray for us, O holy Mother of God,  
     That we may be made worthy of the promises  
     of Christ.

**GOD****1 How many Gods are there?**

There is only one God.

**2 How many Persons in God?**

There are three Divine Persons in God: Father, Son and Holy Ghost.

**3 Make the Sign of the Cross.**

With the right hand, touch the forehead, breast, left and right shoulder, saying:

In the name of the Father,  
and of the Son,  
and of the Holy Ghost. Amen.

**4 Where is God?**

God is everywhere.

**5 Does God sleep during the day or at night?**

God never sleeps.

**6 Does God see you?**

God always sees me and watches over me.

**7 Does God know all things?**

Yes, God knows everything, even our thoughts, and He will never forget anything.

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God is a Spirit and can do all things.

God sees you where it is bright and where it is dark.

God sees and hears you in Church.

God sees and hears you in the house, on the street, in yards and fields, in a shed, etc.

When you are good you are pleasing to God.

When you are bad or naughty you are displeasing to God.

**CREATION**

**1 Who made you?**

God made me.

**2 Who made all the people in the world?**

God made all the people in the world.

**3 Name the first man and woman that God made.**

Adam and Eve.

**4 Who made the sun? moon? stars? clouds?  
water? rain? snow? trees? etc.**

God.

**5 Who made the automobiles? airships? houses?  
churches?**

Men made them with the things God gave them.

**6 Who made the fishes? birds? animals?**

God made them.

**7 From what did God make all things?**

God made all things out of nothing.

**8 Who made God?**

No one made God ; He always lived and He always will live.

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Adam and Eve were the first man and woman made by God. They had no father and no mother.

God made you. You belong to God.



**BIRTH OF JESUS**

- 1 Which Person of God was born upon earth on the first Christmas?**  
The second Person, the Son.
  - 2 What did the Son of God look like when He was born?**  
A little baby.
  - 3 What is your name?**  
My name is \_\_\_\_\_
  - 4 What was the name of the Son of God?**  
Jesus Christ.
  - 5 What was His mother's name?**  
The Blessed Virgin MARY.
  - 6 Who was the Father of Jesus?**  
God the Father in Heaven.
  - 7 Who was St. Joseph?**  
St. Joseph was the foster-father or guardian (protector) of the Child Jesus.
  - 8 In what city or town were you born?**  
In \_\_\_\_\_
  - 9 In what town was Jesus born?**  
In Bethlehem.
  - 10 In what kind of home was Jesus born?**  
In a stable.
- 

You have a birthday every year. Christmas is the birthday of Jesus.

Bow your head whenever you say or hear the name "Jesus."

**DEATH OF JESUS**

**1 Why did Jesus come down from Heaven to this earth?**

To help us to get to Heaven.

**2 How did He help us to get to Heaven?**

By teaching us and by shedding His blood on the cross.

**3 How did Jesus die?**

Jesus was nailed to a cross.

**4 On what day did Jesus die?**

Jesus died on Good Friday, about 1900 years ago.

**5 How old are you?**

\_\_\_\_\_ years.

**6 How old was Jesus when He died?**

About 33 years.

**7 What was done with the body of Jesus after He died?**

The body of Jesus was taken down from the cross and buried.

**8 On what day did Jesus arise from the dead?**

Jesus arose from the dead on the first Easter Sunday.

\_\_\_\_\_

The Stations of the Cross show us how Jesus died.

Make them as often as possible.

**THE CATHOLIC CHURCH IS GOD'S CHURCH****1 Which is God's Church?**

The Catholic Church is God's Church.

**2 Why is this His Church?**

The Catholic Church is God's Church because Jesus, the Son of God, started it when He lived here on earth.

**3 How long is it since Jesus lived on earth?**

Jesus lived on earth over 1900 years ago.

**4 How old is the Catholic Church?**

The Catholic Church is over 1900 years old.

**5 How long will the Catholic Church live?**

The Catholic Church will last until the end of the world.

**6 What is the name of your parish Church?**

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The priest of the Catholic Church is the living representative of God upon earth.

The priest is called "Father." He likes to speak to boys and girls on the street. Speak to him. Boys should tip their hats or salute him. Girls should greet him with respect.

**JESUS IS IN THE CATHOLIC CHURCH****1 Is Jesus in every Catholic Church?**

Jesus is in every Catholic Church.

**2 Where is Jesus in the Church?**

Jesus is in the tabernacle on the altar.

**3 Who places Jesus in His little house on the altar?**

The priest places Jesus in His little house on the altar.

**4 How does the priest bring Jesus from Heaven to the altar?**

The priest brings Jesus to the altar by changing bread and wine into the Body and Blood of Jesus.

**5 When does he do this?**

During Mass—at the Consecration.

**6 Is Jesus Who lives in the tabernacle the same Jesus Who was a little baby at Bethlehem?**

Yes.

**7 Is He the same Jesus Who died on the Cross?**

Yes.

**8 Is He God?**

Yes, Jesus is God.

---

On passing a Catholic Church, boys tip their hats or give a salute to Jesus, Who lives within; girls bow and say, "My Lord and my God."

It is the custom of many to make the Sign of the Cross when passing the Church.

As often as possible, attend Mass on week days.

Frequently visit the Church to talk to Jesus Who lives in the tabernacle.

**PRAYER****1 Why is the red light burning near the altar?**

To tell us that Jesus is living in His little home (tabernacle).

**2 What do we do when we come in or go from Church?**

We genuflect to greet and adore Jesus.

**3 What should we do as soon as we enter our pew?**

We should kneel and pray.

**4 What is prayer?**

Prayer is talking lovingly with God.

**5 Should we talk to our friends in Church?**

No; in Church we should talk only to God, the Blessed Virgin, and the Saints.

**6 Should we pray at any other time?**

We should pray every morning and every night; also before and after meals, and whenever tempted to commit sin.

---

You genuflect to Jesus Who lives in the tabernacle by bending the right knee to the ground. You should say, "My Lord and my God" when genuflecting.

Be silent and quiet in the Church, which is God's house. Do not talk to others. Spend the time in prayer.

## HOLY COMMUNION IS RECEIVING JESUS

**1 Is Jesus in the tabernacle all day long?**

Yes.

**2 Does He remain in His little home during the night?**

Yes; Jesus remains in His little home all day and all night.

**3 Does Jesus ever come out from His little home?**

Yes; He comes out at Communion time during Mass.

**4 Why does Jesus come out from His little home?**

Jesus wishes to go into the souls of the boys and girls and of the men and women who wish to receive Him.

**5 What do we call receiving Jesus?**

When we receive Jesus we call this Holy Communion.

**6 How often may we receive Holy Communion?**

Every day. We should receive Holy Communion at least every Sunday if possible.

**7 May we eat our breakfast before going to Holy Communion?**

No; we may not eat or drink anything from 12 o'clock at night until after we receive Holy Communion.

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At Communion time the priest will place on your tongue the Host which is Jesus. If possible, do not allow it to touch your teeth. Swallow it as quickly as possible.

Your soul might be considered a little house. Jesus enters that house in Holy Communion.

**JESUS, AS HE IS TODAY**

**1 For what are you preparing?**

I am preparing for my First Holy Communion.

**2 Whom will you receive in Holy Communion?**

I will receive Jesus Who is God.

**3 Will you see God with your eyes when you receive Holy Communion?**

No.

**4 Is bread used to bring Jesus to the altar?**

Yes; the priest changes bread and wine into the Body and Blood of Jesus at the Consecration of the Mass.

**5 Will the Host which you receive look like bread?**

Yes; the Host, which will be Jesus, will look like bread.

**6 What will be the color?**

White.

**7 What will be the shape?**

Round.

**8 Will the Host taste like bread?**

Yes; the Host, which will be Jesus, will taste like bread.

**9 Will the Host, which you receive in Holy Communion, be bread?**

No! The Host which I receive in Holy Communion will be the body and blood of Jesus Who is God.

## I KNOW YOU LIVE HERE

1. I know You live here night and day,  
Dear Lord, so kind and sweet ;  
And O, I love to visit You,  
And kneel close at Your feet.
  2. You loved the children long ago,  
When You lived in Galilee ;  
I know You were glad to see them come,  
And gather round Your knee.
  3. And when Communion I receive,  
You come to me I know—  
The same dear Jesus, sweet and kind,  
Who lived long, long ago.
- 

Your First Communion Day will be the happiest day of your life, if you prepare well.

The very First Communion Class was at the Last Supper on Holy Thursday night. Jesus Himself changed bread and wine into His own Body and Blood. Then He gave Holy Communion to the Apostles. Finally, He ordained them His first priests so that they could do what He had done.

During the Consecration of the Mass reverently bow your head. But when the Host (Jesus) is lifted above the head of the priest, look at the Host (Jesus) and say, "My Lord and my God." Then bow your head again.



## PRAYER AFTER HOLY COMMUNION

Behold, O kind and most sweet Jesus,  
I cast myself upon my knees in Thy sight,  
And with the most fervent desire of my soul  
I pray and beseech Thee  
That Thou wouldst impress upon my heart  
Lively sentiments of faith, hope and charity,  
With true repentance for my sins,  
And a firm desire of amendment,  
Whilst with deep affection and grief of soul  
I ponder within myself and mentally contemplate  
Thy five most precious wounds,  
Having before my eyes  
That which David spoke in prophecy:  
They have pierced my hands and feet;  
They have numbered all my bones.

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Then say some prayers for our Holy Father, the Pope.  
A Plenary Indulgence may be gained after Communion  
if the above prayer is said before a Crucifix.



**MY SOUL WILL LIVE FOREVER****1 Why did God make you?**

God made me to be good so that I might save my soul and go to Heaven.

**2 Where is your soul?**

My soul is in my body.

**3 What happens to the body when it dies?**

When the body dies it is buried in the ground and returns to dust.

**4 Will your soul die with the body?**

No! My soul will never die.

**5 Do all people go to Heaven when they die?**

God takes only good boys and good girls and good people to heaven, where they will be happy.

**6 If you go to Heaven when you die, how long will you stay there?**

I will stay in Heaven forever—always—all the time.

**7 Where will bad boys and bad girls and bad people go when they die?**

Bad boys and bad girls and bad people will go to a place where they will suffer forever; it is called hell.

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In your morning and night prayers ask God to keep you good so that you will go to Heaven.

## SIN

- 1 What is a sin?**  
Any thought, word, act or omission which God does not like is a sin.
- 2 Is it a sin to do bad things?**  
It is a sin to do bad things.
- 3 Is it a sin to say bad words?**  
It is a sin to say bad words.
- 4 Is it a sin to keep bad thoughts in the mind?**  
It is a sin to keep bad thoughts in the mind.
- 5 Is it a sin to tell a lie?**  
It is a sin to tell a lie.
- 6 Is it a sin to get angry (mad)?**  
It is a sin to get angry.
- 7 Is it a sin to steal?**  
It is a sin to steal.
- 8 Is it a sin to disobey your father and mother?**  
It is a sin to disobey father and mother.
- 9 Is it a sin to stay away from Mass on Sundays and Holy Days of Obligation?**  
Yes.
- 10 Is it a sin to eat meat on Friday?**  
It is a sin to eat meat on Friday.

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You love God and you want God to love you. Now, after studying this lesson, surely you will not think, say or do anything that is a sin—because God does not like sin.

## TEMPTATION

### 1 Name some sins that people commit.

Saying bad words, doing bad things, keeping bad thoughts in the mind, missing Mass on Sundays and Holy Days, eating meat on Friday, telling lies, disobeying parents and teachers, stealing, getting angry (mad), fighting with playmates, missing prayers, etc.

### 2 Who tries to get us to commit sin?

Bad boys and bad girls and the devils.

### 3 When we commit sin do we obey God or the devil?

When we commit sin we disobey God and obey the devil.

### 4 Who are the devils?

The devils are the bad angels whose home is in hell.

### 5 Are bad angels the only kind of angels?

No; there are good angels who live in Heaven and who always loved God.

### 6 What sin did Adam and Eve commit?

Adam and Eve, tempted by the devil, committed a sin of disobedience by eating the fruit which God told them not to eat.

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Keep away from bad boys and girls.

Do not listen to the devil.

A guardian angel is always with you.

Listen to your guardian angel when he whispers to be good.

**CONFESSION****1 How do we prepare our souls for Holy Communion?**

We prepare our souls for Holy Communion by praying and going to Confession.

**2 Why do we go to Confession?**

To tell our sins.

**3 Why do we tell our sins in Confession?**

We tell our sins to have them washed from our souls.

**4 Who washes the sins from our souls?**

The priest.

**5 Who gave the priest the power to wash sin from our souls?**

God gave the priest the power to wash sin from our souls.

**6 Should we tell all our sins in Confession?**

Yes! In Confession we should tell all the sins we can remember.

**7 Should we tell the priest the number of times we have committed each sin?**

Yes; we should tell our sins and the number of our sins.

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The priest takes the place of Jesus. On Easter Sunday night, Jesus gave His priests power to forgive sins when He said: "Whose sins you shall forgive, they are forgiven them."

Try to imagine that it is Jesus to Whom you are telling your sins. Tell your sins in a whisper.

## SORROW FOR SIN

**1 What happens if we hide some sins from the priest in Confession?**

If we hide or conceal a mortal sin from the priest, our Confession is bad and the soul is worse than before Confession.

**2 Besides telling our sins what else is important?**

We must be sorry for our sins.

**3 Why do we say the Act of Contrition?**

We say the Act of Contrition in Confession to tell God that we are sorry for our sins.

**4 Must we be sorry for our sins to have them washed from our souls?**

Yes! we must be sorry for our sins and tell God that we will not commit them again.

**5 What thoughts should make us sorry for our sins?**

God does not like sin; sin made Jesus suffer and die: sin will make us lose Heaven and suffer the pains of Hell.

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You should say the Act of Contrition sincerely.

After Confession, try not to commit any more sins, for in the Act of Contrition you tell God that you are sorry for your sins and will change your life. You must mean this.

## FORM FOR CONFESSION

In the Confessional, kneel, make the Sign of the Cross and say to the priest :

“Bless me, Father, for I have sinned.

It is one week (or .....) since my last Confession.

My sins are .....” (Here whisper your sins and the number of times that you committed each sin.)

After telling your sins say :

“I am sorry for these and for all the sins of my past life especially for .....” (Here tell some sin of your life for which you are very sorry.)

After the priest gives your penance say the Act of Contrition so that the priest can hear it.

When you have said the Act of Contrition, the priest will say : “God bless you.” Then you say : “God bless you too, Father.”

After Confession go to the altar rail and say your penance. After this it would be a splendid practice to make the Stations of the Cross.

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Confession makes your soul clean and beautiful for Jesus, Who goes into your soul in Holy Communion.

## LITTLE WHITE GUEST

You have come to my heart, dearest Jesus,  
 I am holding You close to my breast ;  
 I am telling You over and over  
 You are welcome, O Little White Guest.

I love You, I love You, my Jesus,  
 O please do not think I am bold ;  
 Of course, You must know that I love You,  
 But I'm sure that You like to be told.

And now that You've come, dearest Jesus,  
 To nestle so close to my breast,  
 I whisper, "I love You, my Jesus,"  
 You are welcome, O Little White Guest.

I whisper, " I love You, my Jesus,"  
 And ask that we never may part ;  
 I love You, O kind, loving Jesus,  
 And press You still nearer my heart.

And when I shall meet You in Heaven,  
 My soul then will lean on Your breast,  
 And You will recall our fond meetings,  
 When You were my Little White Guest.

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## I AM NOT WORTHY

O Lord I am not worthy  
 That Thou shouldst come to me ;  
 But speak the word of comfort,  
 My spirit healed shall be.

And humbly I'll receive Thee,  
 The bridegroom of my soul ;  
 No more by sin to grieve Thee,  
 Or fly Thy sweet control.



**JESUS, THOU ART COMING**

Jesus ! Thou art coming,  
 Holy as Thou art,  
 Thou, the God Who made me,  
 To my sinful heart.

Dearest Lord, I love Thee,  
 With my whole, whole heart,  
 Not for what Thou givest,  
 But for what Thou art.

Come, oh come, sweet Saviour,  
 Come to me and stay,  
 For I want Thee, Jesus,  
 More than I can say.

Oh ! what gift and present,  
 Jesus, can I bring ?  
 I have nothing worthy  
 Of my God and King.

But Thou art my Shepherd,  
 I, Thy little lamb ;  
 Take myself, dear Jesus,  
 All I have and am.

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Take my body, Jesus,  
 Eyes and ears and tongue ;  
 Never let them, Jesus,  
 Help to do Thee wrong.

Take my heart and fill it,  
 Full of love for Thee ;  
 All I have I give Thee ;  
 Give Thyself to me.

Sister M. Xavier, S.N.D.

## THE SEVEN SACRAMENTS

Baptism, Confirmation, Holy Eucharist, Penance,  
Extreme Unction, Holy Orders and Matrimony.

## THE COMMANDMENTS OF GOD ARE THESE TEN

1. I am the Lord thy God ;  
thou shalt not have strange gods before me.
2. Thou shalt not take the name of the Lord thy God  
in vain.
3. Remember thou keep holy the Lord's day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy  
neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

## THE CHIEF COMMANDMENTS OF THE CHURCH ARE THESE SIX

1. To assist at Mass on all Sundays and holydays of  
obligation.
2. To fast and to abstain on the days appointed.
3. To confess our sins at least once a year.
4. To receive Holy Communion during the Easter time.
5. To contribute to the support of the Church.
6. To observe the laws of the Church concerning  
marriage.

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