



Students Study Guide

PREPARING FOR

First Communion



A Children's Guide to the Sacrament of Holy Eucharist

FIRST COMMUNION STUDY GUIDE



It is preferable that the reception of Holy Communion be for the child an experience in which the whole family shares.

A note about First Communion before Confirmation

In 1970, the General Convention of the Episcopal Church adopted a resolution permitting the reception of Holy Communion before Confirmation. No age or limitation except the reception of the Sacrament of Holy Baptism is required. The 1970 resolution in Section 2 stated "that children admitted to Holy Communion before Confirmation (be) subject to the guidance and direction of the Ordinary (Diocesan Bishop)."

In 1971 the House of Bishops adopted the following statement submitted by the Theology Committee: "No child be admitted to Holy Communion unless instructed in the meaning of this sacrament and further we agree that it is preferable that the reception of Holy Communion be for the child an experience in which the whole family shares." The Bishops also asked that children admitted in one parish not be denied the sacrament in another, since this would amount to ex-communication.

In 1988 General Convention adopted resolution 100a, which permits the reception of Holy Communion by an infant on the day of Baptism "in the form of a few drops of wine if the child is not yet weaned." This does not preclude a later instruction in the meaning of the Blessed Sacrament of the Altar. In any of the above cases, the consent of the parents and the parish priest are necessary.

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A note about this course

This study is a revision of a work entitled "We Go To Holy Communion" by Fr. Kenneth A. Morford (1940). With permission of Fr. Morford's widow, Mrs. Mary Morford Baker, I have revised and enlarged the original text to correspond to the 1979 Prayerbook and practices of many Episcopal and Anglican churches.

This course is designed for 6 to 8 year olds and is to be used as a class or individually with parents. Even as a class, it is desirable to have parents present with the students.

It is recommended to conclude the course with an Instructed Eucharist and dinner with students and parents participating.

This course was first published by Grace Church in Sterling, Illinois, then by Parish Press of Fond du Lac, Wisconsin. It is published in this revised edition with the permission of Mrs. Mary Morford Baker and the Rector, Wardens and Vestry of Grace Church in Sterling, Illinois. The illustrations in part are by E.J.H. Bredehorst and Lawrence Brown. I also wish to thank Penny Brown Roberts for the design and layout of this new version. Without her skills, this edition would not have found its way to the printed page. Also a note of gratitude to each and every student with whom I have used this course over the last 18 years. Their participation has confirmed the need and wholesomeness of this work.

The Reverend Father John Heschlē



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First Communion Enrollment Form

Full Baptized Name _____

FAMILY INFORMATION

Mother's Name _____

Father's Name _____

Names of Godparents _____

PERSONAL INFORMATION

Date of birth _____

Place of birth _____

Date of Baptism _____

Place of Baptism _____

I understand that I must be present at the classes prescribed by our priest as preparation for receiving the Holy Eucharist for the first time,

Signature _____

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First Communion



DO THIS IN
REMEMBRANCE OF ME

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SESSION I: THE WORK OF GOD'S PEOPLE

The Church has many acts of worship. The **LITURGY** of the Church is called the Mass or Holy Eucharist. Liturgy means "the work of the people of God." The reason the Mass is the Church's greatest work can be seen in our first picture. If we were asked by someone why our Church makes so much of Holy Communion, we should say, "Because Jesus Christ himself gave us this liturgy."

When Jesus Christ gave his followers this sacrament, He said some very important words:

"Do this in remembrance of me."

We should always remember this command. In order to be a follower of Jesus Christ, we must do what Jesus Christ told us to do. For that reason, every member of Christ's Church must attend Holy Eucharist regularly.

Because our Lord gave us Holy Communion, it is often called "the Lord's Service." There are other names given to it, which we should know. They are: The Lord's Supper, The Mass, The Holy Eucharist, The Divine Liturgy, and The Great Offering. (Book of Common Prayer, page 859).

TIME OUT

Like A Token

In olden days when there were knights, every knight had a Lady who sponsored him. She would give him some token to carry with him in his adventures. This token he would wear next to his heart. The thought of that would keep him brave and faithful in danger, and remind him of the one who gave it to him. So it is with Holy Communion.

We are followers of Christ, and He gave us His Presence in the Sacrament as a token to be kept until the end of the world. If we are faithful and "Do this in remembrance of Him," he will help us in the adventures of life. If we are careless about coming to Communion, we are renegades or unfaithful followers of Christ.

Memory Work

Question: Why was the Sacrament of the Lord's Supper ordained?

Answer: For the continual remembrance of the sacrifice of the death of Christ, and of the benefits which we are to receive thereby.

Do you know how to make the sign of the cross?

Practice with your priest and at home with your parents tonight.

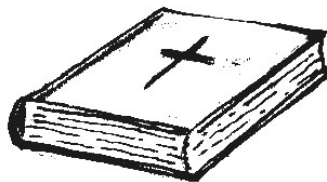
Preparing Ourselves to Celebrate the Holy Mysteries

How many of you have made lemonade? If the ice and sugar are left out, it isn't very good, is it? Well, worship is made up of a recipe too, and if anything is left out it spoils our worship. Perhaps you could write a recipe for worship something like the one below.

Three Things That Go Into Worship

1. Love of God and our neighbor. Love is the most important thing in worship. Without love, our worship would be bitter, like lemonade without sugar.

2. Action. When you make lemonade, you cannot just sit in an easy chair and say, "Well, I can make just as good lemonade right here without getting up." No, you have to put some action into the recipe along with the sugar and lemons. Just so with worship. A person may get up Sunday morning and read the paper, but when Church time comes around, he or she may begin to feel lazy and say, "Oh well, I can worship God just as well right here in my easy chair." That person may have good intentions, but if he does not hook them up with some action, his intentions won't amount to much. A plow will not plow a field by itself. As Christians, we must hitch up our good intentions with action and do the things God wants us to do. One of the things He wants us to do is to worship in His Church every Sunday.



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3. Sacrifice. This should go into worship, too. It means offering God something of value. God has given us our life, homes, friends, and the things we enjoy. To show our thanks, we must offer something to God. Sacrifice is like the ice in the lemonade: hard. It may be hard to go to Church on a hot or rainy day, or it may be hard to give money to the Church, but by doing these things, we put something into our worship that is like the ice in the lemonade. It makes our worship good and pleasing to God.

We should always get to Church five to ten minutes early. When we enter, we see the baptismal font and may take Holy Water to remind us we became members of Christ's One, Holy, Catholic, and Apostolic Church when we were baptized with water. When we take Holy Water, we make the sign of the cross and say "Thank You" to God for the gift of being a baptized Christian.

When we enter our pew, we genuflect by touching our right knee to the floor. This is a sign of honor and respect for Jesus, our host. When we visit friends and relatives, we do not barge into their homes and ignore them. Rather, we shake their hands as a sign of welcome and greeting. To genuflect is our sign of welcome into God's house, where He is present in a very special and different way from all other places.

After entering the pew, we kneel at once to say a prayer. You may wish to write your own. Such a prayer always begins with, "In the name of the Father, and of the Son, and of the Holy Spirit. Amen." We may make the sign of the cross as we say this.

Such a prayer might contain the following things:

An Invocation. This is placing ourselves in God's presence and saying, "In the name of the Father, and of the Son, and of the Holy Spirit. Amen."

Thanking God for all the good things we have. Health, friends, homes and so forth, and for keeping us from harm.

Telling God we are sorry for our sins, and naming them.

Asking God to help us do better during the coming week.

Asking God to bless the sick, or those in trouble, mentioning them by name.

Praying that God will bless the parish Church and supply all its needs, mentioning them by name.

Last of all, we may ask for the things we need.

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TIME OUT

Prayer on Entering the Church

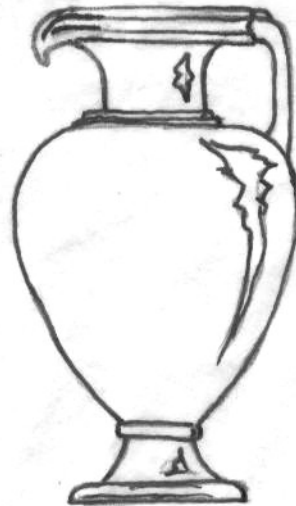
Write a prayer that you might say to prepare yourself for worship.

Good manners in church. It is even more important to have good manners in Church than it is to have them in a rich mansion because the Church is the House of God. We are quiet and reverent at all times in the church.

Memory Work

Question: What is your bounden duty as a member of the Church?

Answer: My bounden duty is to follow Christ, to worship God every Sunday in his Church, and to work and pray and give for the spread of His Kingdom.



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The Preparation

Before the start of the Holy Eucharist, the priest and servers make their preparation for this great service. They confess their sins and ask forgiveness of God. Sometimes, this "Preparation" is made with the priest standing at the foot of the altar and the servers kneeling at the priest's side. In other cases, the priest and servers make their preparation in the sacristy before entering the sanctuary. Just as they do, we should prepare ourselves to meet our Lord, and we do this by kneeling in our pews and making our private preparation before the liturgy begins. Of course, the priest and server have made a longer preparation the night before, and so should we.

Today, we shall learn how to make our preparation for Holy Communion.

How to Make a Preparation for Holy Communion

Kneel and put yourself in God's presence.

Call to mind the wrong things you have done, thought, or said. This is called "Self Examination."

Confess your sins. This is called "Confession."

Make a resolution not to commit the sins again. This is called "Purpose of Amendment."

The first chance you get, make right the wrong things you may have committed. This is called "Restitution."

Going to Holy Communion with Special Intention. This means going to Holy Communion with some special purpose in mind, such as asking God to make a sick friend well, to help us overcome some fault, or to thank God for his goodness.

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TIME OUT

George's Preparation

One night, George was making his preparation for Holy Communion. He thought back and suddenly remembered the new boy who had just moved into the neighborhood. One day, he had come up to where George and his friends were playing ball and had stood looking at them a little bashfully, no doubt wishing he could get into the game.

George was having a good time himself and instead of inviting the new boy to play, he called out, "Hey! Get out of the way!" The new fellow was lonesome and this didn't help much, so he turned and went sadly away.

George thought of that now and decided he had been selfish and unfriendly. He confessed that sin and promised not to be selfish and unfriendly again. He also made up his mind to attend Mass with special intention. He would receive Holy Communion for the special purpose of helping him to be unselfish and friendly. But George wasn't through yet. He went over to the new boy's house and told him he was sorry he hadn't invited him to play ball with the group, and that the next time they played, he would stop by for him.

Next Sunday when George received his communion, he felt better than he had for a long time, and the reason was that he had made a good preparation.

Things To Do

Review. Take up the new lesson.

Make an outline in your own words to use in your next preparation for Holy Communion.

Talk about the things for which we could go to The Eucharist with special intention.

Read St. Matthew 5:19-24. Discuss making "restitution."

Draw a picture of your church on the next page.

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SESSION II: THE ORDER OF THE MASS, PART I

Introduction

The liturgy for a Rite I Mass begins on page 323 of the Book of Common Prayer.
The liturgy for a Rite II Mass begins on page 355 of the Book of Common Prayer.

There are two basic parts of the Mass:

The Liturgy of the Word of God
The Liturgy of the Holy Communion

The Liturgy of the Word

The Entrance Rite

The Liturgy of the Word begins with The Entrance Rite. On Sundays, this consists of a hymn and the entrance of the priest. On weekdays, the priest simply enters and immediately says the salutation, the Collect of Purity, the Kyrie, the Gloria and the Collect of the Day.

The Collect for Purity:

This prayer begins with the words, "Almighty God, unto whom all hearts are open..." Find it in the Prayer Book and read carefully this collect, then answer the following questions:

Does God know all of our thoughts and secrets?
By whom may our secret thoughts be cleansed?
Why should our hearts and minds be clean?

Collects are short prayers used in the liturgy of the Church. Some have been in use more than a thousand years. "Rubrics" are printed directions for the conduct of the services. In our Prayer Book, they are printed in small type. In the Missal, or Altar Service Book, they are printed in red. They get their name from the Latin word "rubrica," meaning "red."

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The Collect for the Day

Every Sunday and *Holy Day* has its own Collect, Old Testament, Psalm, Epistle, and Gospel. For practice in finding them, let us find the page numbers in the Prayer Book for the following Collects:

- _____ First Sunday in Advent
- _____ Third Sunday in Advent
- _____ The Annunciation *of* the Blessed Virgin Mary
- _____ Trinity Sunday
- _____ St. Andrew the Apostle
- _____ Ash Wednesday
- _____ Third Sunday in Lent
- _____ Good Friday
- _____ Easter Day
- _____ Ascension Day
- _____ The Sixth Sunday after Pentecost
- _____ Pentecost
- _____ First Sunday after Epiphany
- _____ Christmas Day
- _____ All Saints' Day
- _____ Palm Sunday
- _____ At a Marriage
- _____ At a Burial

When the priest finishes the Collect, we say "Amen" loud enough for him to hear it. "Amen" means, "so be it." It shows that we make the prayer our own.

The Readings from Holy Scripture

The Liturgy of the Word continues with the Old Testament, or First Lesson. This is followed by the Gradual — a psalm or a part of a psalm. Next is the Epistle, a reading from the New Testament letters. Then there is another Gradual, generally consisting of a hymn or music — it is usually sung — or sometimes, a Canticle.

The Gospel

After singing or saying the Gradual, we are ready to hear the Holy Gospel. Sometimes, the Missal is simply moved to the opposite side of the altar, either by the server or by the priest himself; sometimes there is a procession to another part of the church (the pulpit, the lectern, or in the middle of the nave) with servers carrying lighted torches ahead of the priest, who will read the Gospel.

Whatever the practice may be in your church, we all stand in readiness to hear our Lord's own words in the Gospel. When the book of the Gospel is announced, we respond with the words: "Glory Be to Thee, a Lord," or "Glory to you, Lord Christ."

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During the reading of the Gospel, we pay strict attention because our Lord is talking to each one of us through the Gospel. We all stand out of respect for Christ's own words.

There are four Gospels in the New Testament:

1. _____

2. _____

3. _____

4. _____

The Gospels have been written in more than a thousand different languages and tongues. Even jungle and mountain tribes in the far away places of the world have the Gospels written in their languages. During the early days of the Church, when Christians were persecuted for their faith, it often meant death for one to be found with a Bible. Yet many of our ancestors would rather be burned alive, or thrown into a pit with lions, than give up the Gospels that revealed to them the teachings of Jesus Christ.

Memory Work

Question: For which reading do we always stand? Why?

Is it any wonder then that we stand, in respect and reverence, when the Gospel is read during the Mass? After the reading of the Gospel, we all respond in a clear voice: "Praise be to thee, a Christ," or "Praise to you, Lord Christ."

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The Homily

The Homily or Sermon follows the Gospel. Here, we listen to the priest interpret the Bible readings for our daily lives. We then stand for the Nicene Creed, and say it with the priest.

The Heritage of Faith

When we say the Nicene Creed, we declare our faith. Some people take the faith very lightly, not remembering that Jesus died on the cross to give us this faith, or that early Christians suffered torture and death to pass it on to us. Many Church people genuflect or bow at the words: "And was incarnate by the Holy Ghost of the Virgin Mary. And was made Man." They do this to show their belief in God the Son who became man. Many also make the sign of the cross at the end of the Creed as a sign of our faith.

The Prayers of the People

We always pray for the Church, our clergy (bishops, priests and deacons), our world, the sick, the lonely, the poor, the departed (dead), and the saints (especially the Blessed Virgin Mary and our parish patron).

A Confession of Sin usually follows here on Sundays, but may be omitted at weekday Masses. After the Priest absolves or forgives our sins, we say and exchange the Peace as a sign of love and care for each other.

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Things To Do

The Apostles Creed

There is a legend that says that each of the 12 apostles gave a statement in the Creed. See if you can pick out the 12 articles of belief and list them below. They are divided by means of colons (:).

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

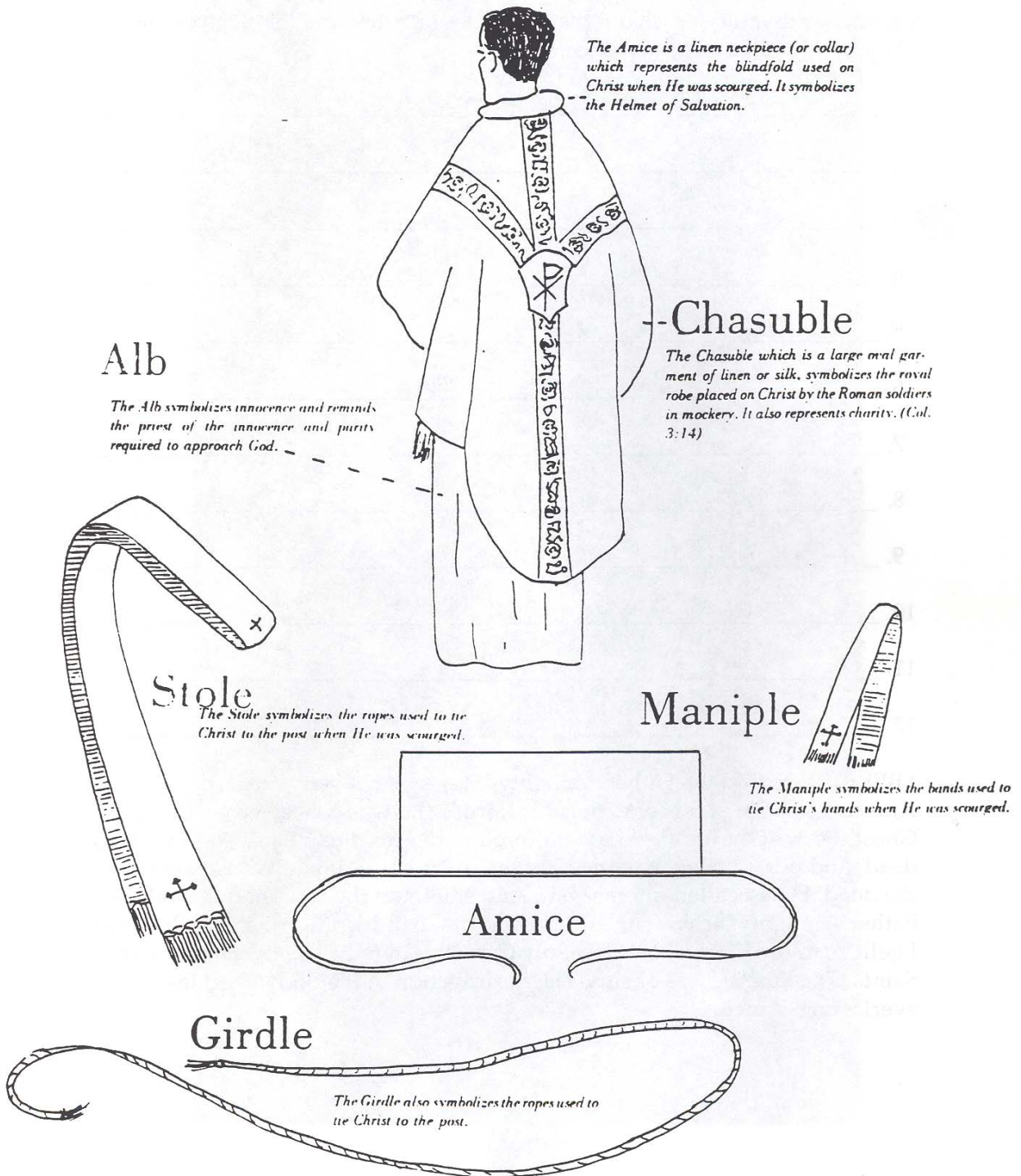
I BELIEVE in God the Father Almighty, Maker of heaven and earth: And in Jesus Christ, his only Son our Lord: Who was conceived by the Holy Ghost, Born of the Virgin Mary: Suffered under Pontius Pilate, Was crucified, dead, and buried: He descended into hell; The third day he rose again from the dead: He ascended into heaven, And sitteth on the right hand of God the Father Almighty: From thence he shall come to judge the quick 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 the Life everlasting. *Amen.*

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The Eucharistic Vestments

Learn the vestments a priest wears to celebrate Mass. Their pictures and names are as follows:



SESSION III: THE ORDER OF THE MASS, PART II

The Liturgy of the Holy Communion

The Offertory

After the Prayers of the People and the exchange of the Peace, the priest reads a short sentence called the Offertory. The bread and wine, which represent our time, talents and lives, are brought to the priest, either by members of the parish -- who bring them up to the altar from the rear of the church -- or by the server. The priest then places them on the altar and offers them to God. From this act, we get the word "Offertory." At this time, we also have the opportunity to make an offering of money to help pay for the bread and wine, and to support the work of God's Church all over the world and at home. Each week, we set aside some money to be taken to Church and given to God for these purposes. When the Three Wise Men came to Bethlehem where the infant Lord lay, they brought gifts of gold, frankincense, and myrrh. Our gifts also should be the best that we can give.

TIME OUT

A Modern Parable

Mr. Jones thought himself a pretty good fellow. He did not steal, nor lie. If someone had told him that he was cheating God and his church, he would have been very upset. But let us see!

One Saturday night, Mr. Jones went downtown to look around. He saw many things he wanted, and soon his arms were full of packages. He bought a new radio for his car for \$200. Golf balls cost him \$4. A pound of tobacco was \$5. And a milkshake and movie cost \$10. Sunday morning, Mr. Jones went to Church. He noticed that the walls needed some paint, and that the plaster was cracked in places. Also, the Church was chilly. Mr. Jones wondered why they didn't fix up the Church and keep it warm. When the alms basin was passed to him, he gave much less than he had paid for the tobacco or even the golf balls, and thought he was very generous.

Tithing

In the Bible we read that people paid tithes of all they earned. That is, if a man earned \$50 a week, he would give 10 percent, or five dollars, to God and to his work each week. There are many people who do the same today.

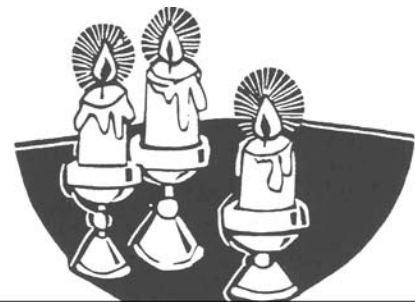
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The Time Machine

Some time ago, a man wrote a story of a "Time Machine." This machine was unlike anything else in the world. One could get into it and ride back through the years to visit all of the great events that had happened in the past. The hero of the story rode back 5,000 years into the past, and saw the Egyptians building the pyramids. Then he turned the wheel of the machine and rode down the years, until he came to a place in America called Yorktown. There, he saw George Washington commanding his troops in the Revolutionary War.

The Holy Eucharist is something like that time machine. If we are thoughtful, we can see things that happened in our Lord's own life. For instance, when the priest goes up the steps to the altar, we can see Jesus going up the steep side of Mount Calvary carrying his heavy cross upon which He was to be crucified as a sacrifice for you and me. The priest goes up to the altar to offer the sacrifice of Jesus to God the Father for our sins.

We can see other things too. When the Gospel Book is carried to the place of reading, we may think of Christ sending out the Apostles to carry the Gospel to every country. We should ask ourselves if we have tried to carry Christ's Gospel to others. When the candles are lighted, we see Christ as the Light of the World. When the candles are put out at the end of the Mass, we may think of ourselves as carrying the light of God in ourselves, out of the Church, into the world. When we put our offering into the alms basin, we may think of our Lord who gave everything He had, even His life, for all of us. We should ask ourselves if we have given Him all we can of our love, of ourselves, and of our money.



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Lift Up Your Hearts

This phrase can be found on page 333 or 361 in the Book of Common Prayer.

We know that we are sinners and deserve to be punished. But now we have just heard of our forgiveness in Christ, and we take new courage. The priest says, "*Lift up your hearts,*" and we say or sing in response, "*We lift them up unto the Lord.*" Then the priest says, "*Let us give thanks unto our Lord God,*" and we say, "*It is meet and right so to do.*" In the other version of the Mass, Rite II, the words are nearly the same. The priest says, "*Lift up your hearts,*" and we say or sing in response, "*We lift them to the Lord.*" The priest says, "*Let us give thanks to the Lord our God,*" and we say, "*It is right to give Him thanks and praise.*"

With Angels and Archangels

This phrase can be found on page 334 or 362 in the Book of Common Prayer.

Our words of praise and thanks to God are weak and feeble. But we are not alone. Along with us at the very moment are the Angels and Archangels praising God. We unite our voices with theirs in the worship of our creator, and say or sing the Sanctus, which begins with the words, "*Holy, Holy, Holy, Lord God of Hosts...*"

Blessed is he that cometh

This greeting to Jesus is called the Benedictus. When Jesus came into Jerusalem on Palm Sunday, the people welcomed him saying, "*Blessed is he that cometh in the name of the Lord.*" Now Christ is about to come to us in the Holy Sacrament of the Altar, and the priest says these same words of welcome. We say or sing after him, "*Hosanna in the highest*"



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TIME OUT

Two Pictures

Once upon a time, a painter saw a little girl of such beauty that he painted her picture and wrote "Heaven" in the corner of the picture. Years later, he was in a courtroom when they dragged before the judge a dissolute woman. The painter was so struck by her ugliness and the marks of vice upon her that he painted her picture and called it "Hell." After the picture was finished, the woman, who recognized the painter, told him that he had painted her picture years ago when she was a girl. What a difference in the two pictures! The painter could hardly realize they were of the same person. The two pictures represented her soul in a state of Grace, and made horrible by sin.

Things To Do

Draw a picture of a person doing "good," and a picture of a person something "bad."

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We should always try to do good deeds and live in the state of God's grace.

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The Eucharistic Prayer / Canon of the Mass

"All Glory be to thee, almighty God, our heavenly Father." These words are found on page 334 of the Book of Common Prayer.

"Holy and Gracious Father..." These words are found on page 362 of the BCP.

This is the most holy part of the liturgy because our blessed Lord becomes really and truly present, soul and divinity, in the elements of bread and wine. During the consecration, we should be especially reverent because we are welcoming Jesus into our midst.

The World

God made the world and all that is in it to be strong, beautiful and good. But by sin, man makes things weak, ugly and bad. Man was made to serve God, and enjoy Him forever. But man is free to choose either good or evil, and when he chooses evil, he suffers all kind of misfortunes. Even the innocent suffer for the sins of others.

You

You were made a child of God at your baptism, and God expects you to do your part, which is to love God and keep His Commandments.

It is related that St. Thomas More never missed Holy Communion, no matter how busy he was. One day while at Mass, a messenger came from the king, who asked his immediate presence. St. Thomas More sent back this answer to the king: "Tell his Majesty to have a little patience, as I am at the moment in the presence of a king greater than he. As soon as my audience with the King of Heaven is ended, I will at once obey the desire of my earthly king."

God

In order to save man from evil ways, sorrow, and eternal death, God sent his son, Jesus Christ, to save all mankind. Jesus came more than 2000 years ago, and taught the Way of Life, which is the way of sacrificial Love. On the cross, He showed us the cost of that loving sacrifice. God gave His Son for us. But Jesus rose from the dead and lives.

A Sacrament

Holy Communion is a Sacrament.

What is meant by the word Sacrament? It is "an outward and visible sign of an inward and spiritual grace given to us, ordained by Christ Himself, as a means whereby we receive the same, and a pledge to assure us thereof." The outward sign in Holy Communion is the bread and wine. The inward grace is the body and blood of Christ. The bread and wine become a Sacrament at the consecration/ Eucharistic Prayer.

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Things To Do

Review and then take up to day's lesson.

Read through the Prayer of Consecration in the Book of Common Prayer
(Rite I, page 334. Rite II, page 362).

Read and discuss the rubrics that go with the Consecration.

Discuss how sin may bring suffering and misfortune.

Read Luke 22:7-23 and John 6:29.

Discuss things in everyday life that are like Sacraments.

Drill on the question and answer.



SESSION IV: THE EUCHARISTIC PRAYER/CANON OF THE MASS

We continue to study the Canon or Consecration, which is sometimes called The Great Thanksgiving or Eucharistic Prayer. Let's examine some important parts.

The Elevation

Jesus said, "And I, if I be lifted up from the earth, will draw all men unto me." "This he said, signifying what death he should die." (John 12:32-33).

When the priest consecrates the bread and the wine, he lifts them above his head. This reminds us of our Lord being lifted up on the cross. When the priest elevates, or holds high, the host and the chalice, it signifies that we are offering Christ's Sacrifice to God the Father.

Sacrifice

In Old Testament days, the people used to worship God by offering Him their farm animals. The calves and goats used to be put on a large stone altar and then killed. They did this to show their love for God because the calves and goats cost a good deal of money and meant real self-denial or sacrifice on their part. When Jesus Christ came, he offered Himself as a holy sacrifice for us, and gave us Holy Communion so that we could offer his sacrifice to our Heavenly Father. When we offer the Sacrifice of Jesus in the Holy Eucharist, we must not forget that as good servants of Christ, we must follow his example and offer ourselves as a sacrifice to God in carrying out his will in the world.



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Things To Do

Some Sacrifices We Can Offer

(Read the Prayer of Consecration for suggestions)

Benefits we receive in Holy Communion

(Read John 6:32-58 for suggestions)

1. Discuss why Jesus Christ is called the "Lamb of God," and what things you can do to bring about God's will in your parish and the world.
2. Read Genesis 22:1-13, Exodus 29:36-42, Hebrews 9:1-14 and Luke 22:14-21.
3. If your Church has a bell rung during the consecration and the elevation, find out the reason.

After the Prayer of Consecration, the priest and people pray or sing the Lord's Prayer. In this prayer, we pray for seven things.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

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Silent Prayers

At times during Mass, the priest says certain prayers silently. During the silent parts of the service, we may say our own private prayers or make a Meditation.

Agnus Dei

Agnus Dei means "Lamb of *God*." The priest and the people say or sing three times, "***0 Lamb of God, that takest away the sins of the world.***" After the first two times, we then say, "***Have mercy upon us.***" After the third and last time, we say, "***Grant us thy peace.***"

Prayer of Humble Access

This is found on page 337. This prayer begins with the words, "***We do not presume...***" In spite of our preparation, we know we are not worthy to receive Communion and we trust only in God's mercy. We pray that we may be helped to do better by the Communion we are about to receive. This prayer is not part of the Rite II Mass.

The Communions

When the priest turns to the people with the host and says, "The Gifts of God...", it means that those who are prepared may go to the altar rail to make their communions. If we do not receive Communion, we remain kneeling in our pews and spend the time in prayer and meditation.

How To Receive Holy Communion

You are about to receive the most holy Gift of our Lord and His Church. Be reverent and humble before the invisible Presence of your Lord. Leave your pew and genuflect in the aisle to show your love and reverence. Go forward with hands folded as in prayer and take your place at the altar rail.

Just before the priest comes to you, make the sign of your faith and place your right hand in your left, holding them palms upward on a level with your eyes.

When the sacred host is placed in your hands, lower them and bend your head down to your hands to take the host in your mouth. You may also receive the host on your tongue. When the chalice is held in front of you, guide the base of the chalice with one hand so that you receive a small sip of consecrated wine.

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When you have received the Sacrament, go back to your pew with folded hands and kneel and give thanks for your Communion. Remain kneeling while others are receiving their Communion, using this time for prayers and meditations of your own. If it is a long time, you may be seated, but continue to meditate.

Things To Do

1. Ask your priest to show you how to receive Communion.
2. Find out why some Churches have you stand for communion.

From the Communions to the end of the service

Instead of studying a prepared lesson, we are going to write the lesson ourselves. From your attendance at Holy Communion and from your reading of the Prayer Book, write down in your own words the things that take place from the communions to the end of the service. Tell what the priest does, the prayers or things that are said, and what the people in the congregation do.

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SESSION V: THE CONCLUSION

At the end of the service

The priest and server have left the sanctuary; the server has come back and put out the candles; it is the end of the liturgy. But you do not need to be in a hurry to leave. Perhaps you want to remain kneeling for a while in thanksgiving. It is not necessary for all the people to get up and leave the church at the same time. When you have said your last prayer or made your last act of devotion to God, leave the church quietly so as not to disturb others who still may be praying. After you have reached the back of the church, it is well to say a friendly word to those who are strangers. This is very important. Always try to be friendly with strangers as well as with friends and neighbors. Find out where they live and visit them. Invite them to the church meetings and parties. Being friendly to all people is a Christian duty.

TIME OUT

The Treasures of the Cross

Once upon a time, a poor French girl inherited a wooden cross from a noble lady who had raised her from childhood. The Countess left her valuable treasures to her friends and relatives, but to the poor girl whom she had befriended, she left only the plain wooden cross before which she had often said her prayers. The cross was not particularly beautiful, but the girl took it gratefully and was not envious of others who had received money and lands in the will. She hung the old cross up in her modest room, and, as she had seen her benefactress do, she often said her prayers in front of it. Many years passed by and the girl married and had a family. Things went well for a while, but in time her husband became sick and could not work, and her children were ragged and poorly fed. Little by little the household furniture was sold to buy food, and their house became very bare and uncomfortable. However, there was one thing that was not sold: The rough wooden cross that still hung in the bedroom. One day, as she prayed in front of the cross in sorrow and tears, the cross broke open. She had touched some secret spring, and behold: it was a jewel casket in the shape of a cross, and inside blazing with splendor, and of almost priceless value, lay a cross of diamonds and gold. The crosses and burdens we sometimes inherit that seem so unbearable, may have hidden within them the greatest treasures of life.

Go forth in the Name of Christ.



"Thanks be to God."

The Burden

An old man was walking along the road with a heavy load of wood on his shoulders. As he was old and feeble as well as hungry, his slight strength gave way, and he fell down on the ground beside his burden. "Oh," he cried, "is there no one to help me? My children are cold and hungry at home, and I am not able to reach them to give them what they need."

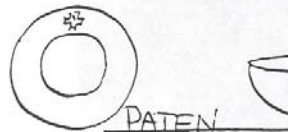
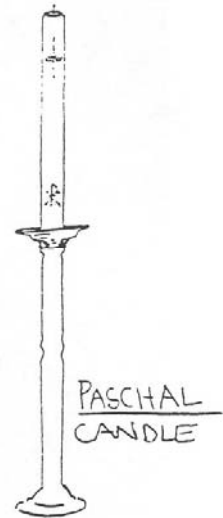
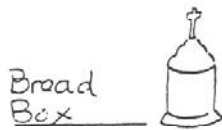
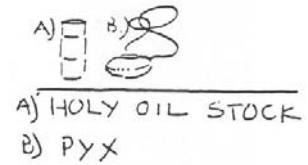
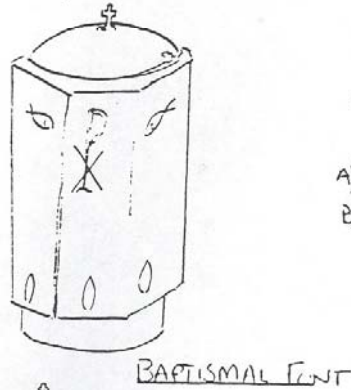
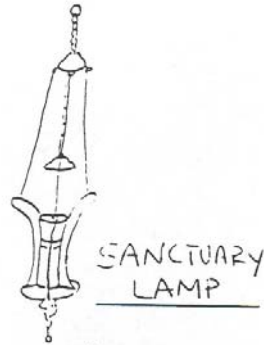
A young man who was passing by heard these words, and, coming up to him, said: "Do not worry yourself about your burden; I will help you. But first let us rest and eat something." Saying this, he produced bread and meat, and they both ate and drank. When the meal was finished, the young man bade his aged companion good-bye and went away. The old man stood surprised and disappointed. "I thought he was going to help me carry my burden," he said, "and he has gone off and left me alone." With a heavy heart, he stooped to lift it up, when to his surprise, he found he could carry it with ease.

The food the young man had given him had refreshed him so much that he now had sufficient strength to carry his burden. So it is with the Grace of God. It does not take away from us the burdens of life, but gives us the strength to bear them.

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Things To Do

Know and identify these things:



EXAMINATION
AND
ADMISSION



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First Communion Quiz

Circle the correct answer.

1. At our Baptism, the priest poured water on us while we were held over the

- A. Baptismal Font
- B. Holy Water Stoup
- C. Altar
- D. Piscina

2. When we enter the Church, we first see the Baptismal Font. It reminds us we are

- A. Episcopalians
- B. Anglicans
- C. Americans
- D. Baptized in the Name of the Father, the Son and the Holy Spirit.

3. When the priest, who celebrates the Mass, enters the sanctuary, he kisses the

- A. floor
- B. cross
- C. altar
- D. organist

4. We bow our heads when

- A. we sing a hymn
- B. we go to coffee hour
- C. the cross passes or we pass in front of the altar
- D. we've lost our place in the Prayer Book.

5. We make the sign of the cross to

- A. remind us we are Christians and receive blessings
- B. keep from being bored
- C. do what everyone else is doing
- D. be better than other people

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6. Circle the Seven Sacraments in the following list.

Sign of the Cross
Holy Eucharist/The Mass
Holy Unction
Burial of the Dead
Morning Prayer
Holy Orders
Sunday School
Penance or Confession
Volleyball
Holy Matrimony
Holy Baptism
Holy Water
Confirmation
Coffee Hour

7. The last vestment the priest puts on before saying Mass is

- A. his cassock
- B. a vest
- C. the maniple
- D. the chasuble

8. At Mass, the priest takes the bread and wine and consecrates (blesses) them to be

- A. Holy oils to anoint the sick
- B. Jesus' body and blood
- C. snacks for after school
- D. objects to be worshiped

9. Before and after receiving the Eucharist, we

- A. make the sign of the cross and say " Amen."
- B. make a lot of noise
- C. brush our teeth
- D. stare at our neighbor.

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10. After Communion, we

- A. run upstairs to get in line first for coffee hour.
- B. make faces and scream
- C. return to our pew, kneel to pray and sing.
- D. listen to the sermon.

11. The priest puts the wine to be consecrated (blessed) into the

- A. Lavabo
- B. Ciborium
- C. Tabernacle
- D. Chalice

12. The Sanctuary lamp burns to tell us that the Blessed Sacrament of Jesus' body and blood are present in the

- A. Sacristy
- B. Crucifix
- C. Tabernacle
- D. Paten

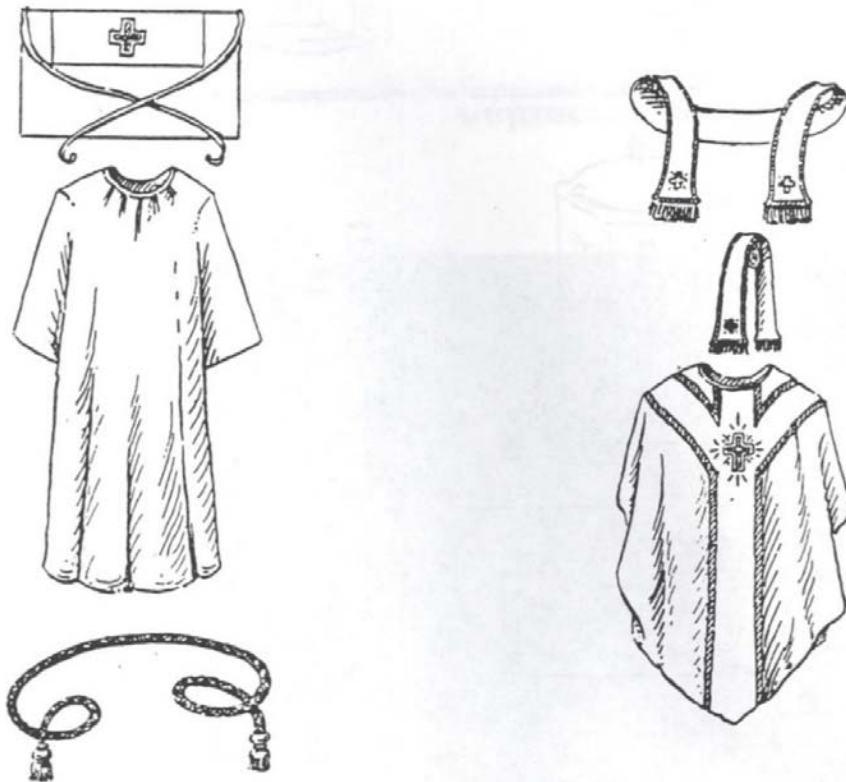
13. When the Sanctuary lamp is burning, we honor Jesus by

- A. singing
- B. genuflecting
- C. marking our Prayer Book
- D. acting unhappy

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Vestments for Holy Communion

Give the correct names for the items shown.



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Admission to Holy Communion

Those to be admitted come before the priest with their parents/godparents/sponsors. The priest may light their baptismal candles from the altar lights.

Priest

Answer

Priest

Answer

Priest

Answer

Do you affirm that you have been baptized with water in the Name of the Father, Son and Holy Spirit?

I do.

Do you believe in the Sacrifice of the Mass, the real presence of Christ in the Blessed Sacrament of the altar, and accept Jesus as your savior and Lord?

I do.

Do you accept your Bounden Duty to follow Christ, worship God every Sunday in His Church, and to work, pray and give for the spread of His Kingdom?

I do.

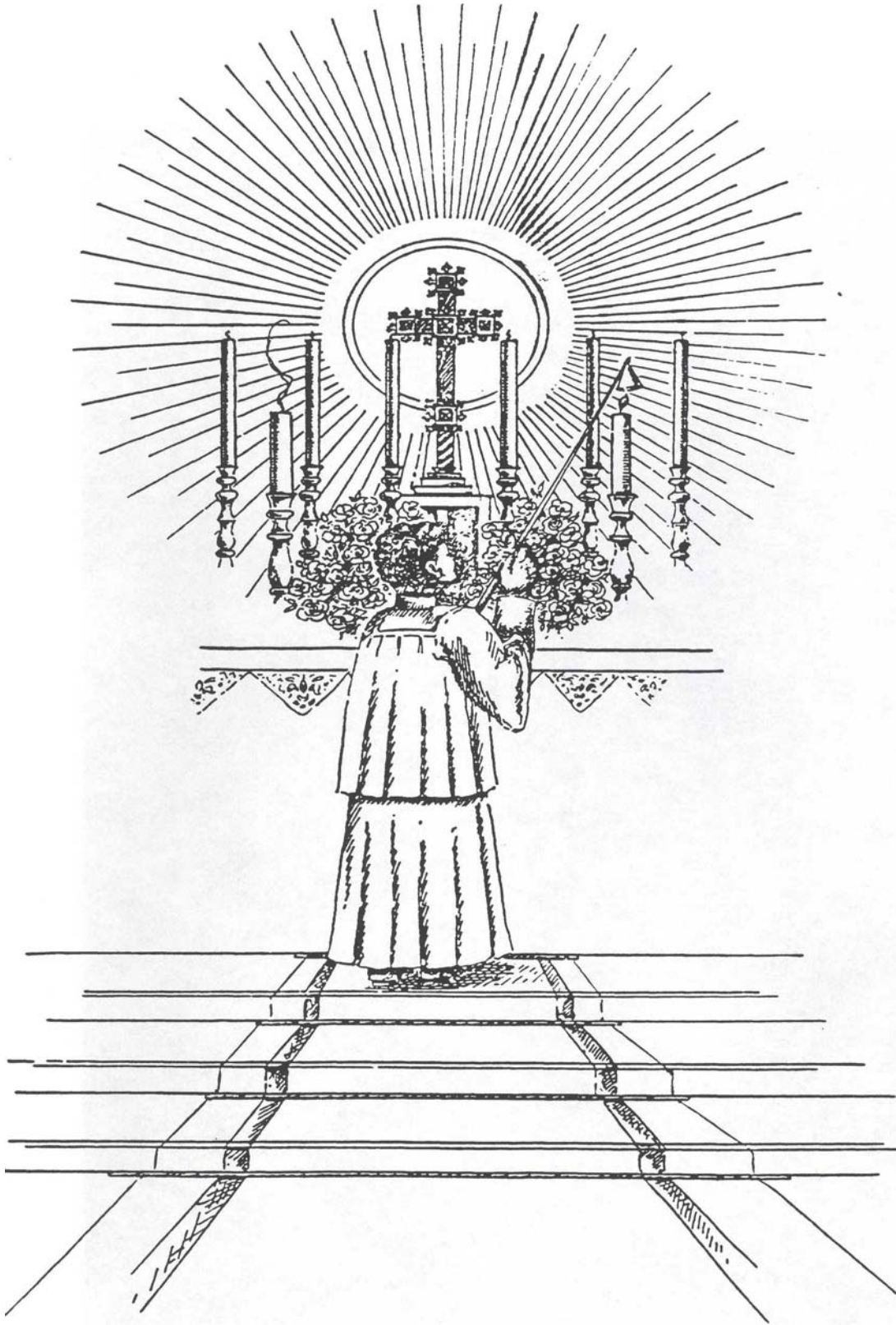
The priest marks them with the sign of the cross on the forehead and sprinkles with Holy Water as a reminder of Holy Baptism.

Priest

_____, by the authority vested in me as priest and rector of this parish church, I receive you into the Eucharistic fellowship of this family by virtue of your Baptism. May you be faithful in receiving Our Lord in the Holy Mysteries of His Body and Blood. May Our Lady and all the saints, especially _____ our patron, pray for you.

I admit you in the Name of the Father, + and of the Son, and of the Holy Spirit. AMEN.

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IT IS FINISHED