**First Holy Communion Retreat**

**At Home.**

**Go to** [**https://sacraments.osv.com**](https://sacraments.osv.com)**. Click on Eucharist at the top of the page. Then click on For Families.**

**On the bottom, left hand side of the page, click on Family videos.**

**You will then be asked to sign in: Username: ewcsales**

 **Password: ewcsales99**

**Session 1: We Belong**

1. **Prayer for session 1-3**

In the name of the Father, and of the Son, and of the Holy Spirit, Amen. God, you have chosen us to be your children. We belong to you. Through the waters of Baptism, we are cleansed of sin. We become part of God’s family, the church. Help us to grow closer to you as our children prepare for their first Holy Communion.

1. View Eucharist session 1 video
* Discussion- Let’s think about some ways we show that we belong to Jesus
1. Close out of the video and go to the top of the page and click on Games. Under categories, on the left hand side, click on Matching Games and play the Sacraments of Initiation game.
2. Go to Activity Downloads. Print and complete the Word Search: Son of God.

**Session 2: We Gather**

1. Go back to the Eucharist session 2 video under “For Families” and watch.
* Discussion- What might it feel like to carry those burdens?
1. Go back to Games and do the Matching Game Introductory Rites.
2. Go to Activity Downloads, print and complete the Lord’s Day Planner.

**Session 3: We Listen and Respond**

1. Go to the Eucharist session 3 video and watch.
* Discussion- How can we become a better listener?
1. Go to Games and choose Sorting Games. Play- Liturgy of the Word.
2. Go to Activity Downloads. Print and complete The Profession of Faith Stained Glass.

**Session 4: We Accept and Offer**

1. **Prayer for session 4-6**

In the name of the Father, and of the Son, and of the Holy Spirit, Amen. Father, in love your Son chose to become human like us. He is your gift to us. Through his sacrifice on the Cross and at Mass, Jesus invites us to share in your divine life. We have received amazing gifts from God. God the Father gave Jesus to us and Jesus gave his life for us. Help us grow closer to you as our children prepare for their first Holy Communion.

1. Go to Eucharist session 4 video and watch.
* Discussion- What is the best part of giving thanks and celebrating with family?
1. Games- Play the Matching Game- Eucharistic Prayer
2. Activity Downloads- Print and color- Heavenly Host.

**Session 5: We Give Thanks**

1. Go to Eucharist session 5 video and watch.
* Discussion- What does it look like when your family has something to celebrate?
1. Games- Go to Art Reveal and play Words of Consecration.
2. Activity Downloads- Print and color Sacred Vessels. Bonus: Label what they are called.

**Session 6: We Share**

1. Go to Eucharist session 6 video and watch.
* Discussion- How do you think your favorite things connect to gifts or talents God has given you?
1. Games- Sorting Game, We Share
2. Activity Downloads- Print and complete the Body of Christ Puzzle.

As a conclusion to this retreat, please go to <https://www.youtube.com/watch?v=lB_F-XffNFE&list=PLXf3QDlOZ_VIbBiiKy24wZ-UCXCXzpbkx&index=3>. This is a video by Dr. Joseph White and he tells the story of Jesus’ institution of the Eucharist in the story of the Last Supper and Holy Thursday. It is called the Allelu Show.