

First Holy Communion Resource Book For Parents



The Camberley and Bagshot Catholic Parish

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Information and tips to support you and your children during the Programme.



Parish of Camberley and Bagshot First Holy Communion Course

Ss Peter and John Church Old Dean

St Tarcisius Church Camberley

Christ the King Church Bagshot

A warm welcome from Father Paul and the Catechist Team.

Thank you for coming forward with your children to join the parish **First Holy Communion Programme**. We are delighted to work with you in aiding your child's faith formation and hope their journey encourages your own journey in faith. This booklet tells you what to bring with you to each session, what to wear on the day of the First Holy Communion, where to car park- around the three churches and much more. This is your go-to-book, and we hope you find it helpful.

1) Please attend the sessions with your children.

The First Holy Communion preparation takes place at each of the three churches either before or after the celebration of Holy Mass. When choosing which church to attend for the course and for Mass, please remember to work around your child's other commitments as you will not be permitted to miss sessions except through illness. We know your child may wish to attend Birthday parties and other events instead of attending the preparation however, your child only make their First Holy Communion once so please make this a priority.

2) Please encourage your child by talking with them about their preparation

Faith needs to be nurtured and tended with care and love. One of the best ways to nurture this faith is to chat with your child after each Session about what they enjoyed most, what they were not so keen on, what they learnt that they did not know already.

Teach your children about how beautiful, important, and special they will feel when it is their turn to receive the real presence of Christ in the Eucharist on Sunday. Your own experience of your first holy communion is a way of sharing by letting your child know how you may have felt. Maybe you felt nervous or didn't understand everything but deep down you know you made the right choice to receive your First Holy Communion. This is what they want to hear from you.

3) Participate in the celebration of Holy Mass on Sunday

Fr Paul and the Catechists would love to see you all at mass regularly and in addition to the programme requirements. There is a deep desire in our church communities that you will be welcomed warmly and encouraged to feel part of the parish. The more you are willing to be engaged with the Programme and the life of the Parish, the more rewarding your experience will be. If you are returning to your faith, or if you are a frequent worshipper, or even if you are not a Catholic, I hope our parish will feel like your spiritual home! With your faith and with the encouragement you offer your children, they will want to deepen their relationship with Jesus in Holy Mass.

If there is anything that we need to know that will help you and your children, please don't hesitate to mention it. Alternatively, if you think that your child is not ready to make their first holy communion please speak with Fr Paul or one of the catechists



Growing Up Catholic

The Programme we use is called **Growing Up Catholic**. <https://www.growingupcatholic.com>

The drop down menu on the site provides information that in a friendly way will encourage your confidence in teaching and supporting your children during this very special time for them. We advise you to print off or write up all session dates in your diary, calendar, notice board, phone alerts etc. use whichever device helps you to organise your busy weeks ahead.



The Catholic Church firmly believes that parents are the first educators of their children. You know your children the best.



The focus on the programme is on you the parent supporting “to form” your own children. It is your experience and knowledge of your Faith that will be important for you to share.



You are expected to accompany your children at these sessions. If there is a family emergency and you are needed to be elsewhere; please be kind enough to let the Programme Administrator know you will be sending another family member with your child.



If you are unable to organise this at short notice, a catch-up session with Fr Paul will be organised. We need to ensure we comply with Health and Safety and Safeguarding protocols; so, we need to know who is present with your children at all times.



Please arrive 5 minutes before the scheduled start of your sessions so that so that we can register you and start on time.



Simple Refreshments are served at the start of the sessions at **Saint Peter and John**.

Christ the King sessions simple refreshments will be served in Father Paul’s house (11 Bell Place Bagshot) for sessions.



St. Tarcisius refreshments will be served in the Hall after Mass and before the commencement of Sessions in the Church.

Please be kind enough to put your **Mobile phones** on silent before the Session and before Mass.



Please note there is no smoking or vaping in the church halls or in Father Paul's house.



The Catechists will be present to lead the Sessions on the relevant Booklets and will be there to support you with any questions you may have. Every question is valid.

The seating for the sessions is organised in the three different locations to support the needs of all the families. Therefore, please don't attend another session because your commitments have changed for that weekend unexpectedly.



Attending Mass will allow your child to witness you and other parishioners worshipping at Mass. During Mass, please take them up to Father Paul to receive a Blessing with their hands crossed at their chests when you go up to receive Holy Communion. If you are unable to receive Communion at this time, you may simply go up with your children and place your hands across your chest to receive Father Paul's Blessing also. Your children can witness you receiving a Blessing too. You are introducing your lovely children to a new experience so that they remember this time with joy and gladness.



You and your child will receive **Booklets** that accompany each of the sessions. Each Booklet has a title and a number which follows the Course.



There are 12 Booklets for your children and 12 Booklets for you as parents. The breakdown for both of you is: 6 booklets on Reconciliation and 6 Booklets on the Eucharist. The parent booklets will have the answers.



As a suggestion, please do purchase a Folder/Box file to keep your Booklets together. Encourage your child to choose one for themselves and to decorate it.



As a reminder, here are the Session dates together with the title of the Sessions. The title is printed for you so, on the day, you can bring the booklet that will accompany the session. Or bring the files with all the booklets. Please bring coloured pencils to each session.



Please note for Safeguarding and emergency reasons we will have a register for you to sign yourselves present as parents and children. There will be space made for each sibling or adult accompanying you to these sessions as their names need to be recorded as well.



Please note that as this programme is focused on you supporting your children, we advise you not to bring your children's friends. Siblings are welcome as they may learn from your children in readiness for when they come forward; or older siblings may be able to chat about their own feelings or understanding. This is your time with your child.

The course Sessions and times were on the Application Form. Please refer to the dates and times and put them into your electronic diaries and set an alert as a reminder to attend.

First Reconciliation & First Holy Communion Programme

<u>Title of Booklets and order of use</u>	
Parents & Children Booklet Eucharist 1	Parents & Children Booklets Eucharist 3 & 4
Parents & Children Booklets Eucharist 2 & Reconciliation 1	Parents & Children Booklets Reconciliation 6 & Eucharist 5
Parents & Children Booklets Reconciliation 2 & 3	Session 7 for Parents & Children Booklets Eucharist 6 & Mass preparation

First Confessions (Sacrament of Reconciliation)

Parents please kindly note: First Confessions takes place only **at the church of Saint Peter and John GU15 4ED**. Father Paul administers the Sacrament of Reconciliation for your children. He will offer three dates; you may request one of the 10minute time slots available between the hours of 11.30am to 12.50pm. These are booked on a first come first served basis. Please make a note of Post Code for your Sat Nav If you are not familiar with this church.

Please choose a date and time where you know you will be able to spend unrushed time with your child whilst they make their Act of Penance immediately after receiving the Sacrament of Reconciliation. Please book your child's reconciliation with Fr Paul using the details you will be given nearer the time.



Please do note on entry you will need to sign your name and your children's names on a list as being present at the Sacrament of Reconciliation



If on the day you are not able to attend because of **illness**, then text Father Paul and let him know. You will need to ring him later to organise another date for your children to receive the Sacrament of Reconciliation.



Please arrive 10 minutes before your appointed time.

- Please settle your children.
- Father Paul will be seated on the Sanctuary, prepared to hear your children making the Sacrament of Reconciliation.
- Please give them the opportunity to remember what they are going to say to Father Paul.
- When they have finished their confession, they will go to Our Lady's altar to say the prayers they have been giving for their **Penance**. Their prayers will be printed in the First Confession sheet.
- You are welcome to make your confession after your child. It will be a good example to them, and you will receive the grace of reconciliation.

The Three churches of our parish

The Course Sessions take place at the 3 churches as set out below. Your children first holy communion will be at the church where they have attended the course sessions.

Saint Peter and Saint John 4.15pm session (Hall) followed by 5.30pm Mass.

Saint Tarcisius 9.15am Mass followed by refreshments followed by the session at 10.45am in the church itself.

Christ the King 10am Session (at 11 Bell Place) followed by 11.15am Mass.

St. Peter and St. John, 1 Caesar's Camp Road, Camberley, GU15 4ED

The Car Park is at the side of the church: outside the Church Hall. The Catechist sessions will be held in the church hall.

At the Sts Peter & John First Holy Communion Mass (5.30pm Saturday evening) please take the children to the Hall at 5.00pm where the Catechists will receive your children and prepare them to process in with Father Paul for the beginning of the Mass

St. Tarcisius Church, 227 London Road, Camberley, GU15 3EY

The celebration of your children's First Holy Communion at St. Tarcisius is at 9.15am Mass. (date to be confirmed each year)

On the morning of the Celebration of the Eucharist at the First Holy Communion Mass, the Catechists will be delighted to receive your children at the white presbytery door beside the church between 8.30am-8.45am and prepare them to process with Father Paul for the start of Mass.

You will be informed in which pew you and your family will be seated. We can seat 7 comfortably in each pew. Please advise your guests that you will greet them inside the church and at the reserved pew. Seating for guests will be on a first come first served basis.

Car parking - the church will be extremely busy on the day of the First Holy Communion Mass for this reason, the only parking available on site will be for the elderly and Infirm. All others including yourself will need to park in the car parks available in and around the town centre. The Atrium is the closest to church.

Should you require a mobility parking space in one of the church car parks for either yourself or one of your guests, please forward this person's vehicle details; make, model, colour, and registration number to the Course Administrator at least 2 weeks prior to the event. Any late requests may result in a parking space not being allocated. Please note no parking is permissible in front of the church double doors, these are a fire escape as well as a reverend entrance to God's house a place of worship.

Christ the King Church, 42 Guildford Road, Bagshot, GU19 5LE

Parking can be found in Freemantle Road, Bagshot, GU19 5LL during the Preparation Sessions as well as on the morning of the First Holy Communion Mass. The residents on this road are Father Paul's neighbours. Please Park with consideration.

This road is on the opposite side of Christ the King Church. Please Park on this road and walk towards the little iron gate with a sign 11 Bell Place. This little pathway will bring you to the back of Father Paul's Garden and you will find access through a half-glazed white door to the Meeting Room where your sessions will take place.

The celebration of the Eucharist on your children's First Holy Communion at Christ the King is at 11.30am. (date to be confirmed each year) On the morning of the FHC Mass deliver your children to the front of the church at 11.10am where Catechists will be delighted to receive your children and prepare them to process with Father Paul.

Parents at all the three churches: Please be kind enough to inform your guests of these car parking arrangements as they will apply on the day of the First Holy Communion Mass.

Dress Code on your children's First Holy Communion Day.

For the girls

- The girls can wear white or ivory/cream dresses, this does not need to be communion wear. They can choose a simple summer dress.
- The dresses can be short, full length or ballerina length.
- They can wear a veil which **falls away from their faces and rests behind their shoulders.** (The veil is optional.)
- Headwear accompanying the veil again is their choice. (A wreath of fresh flowers is acceptable!)

- A wreath of fresh flowers without a veil is also acceptable.
- They can have dresses without sleeves but must have their shoulders covered.
- Ballerina shoes or flat boxed heeled shoes rather than a high heel.
- They may carry a rosary.
- They will need their Baptismal Candle. Each candle will be lit by the Catechist using a flame taken from the Paschal candle. The candle remains alight while they profess their Baptismal vows then the Catechist will blow the candle out. (If you cannot find their Baptismal candle; please let me know whether you will need us to provide a Candle.
- The Catechists will rehearse the lighting of candles with your children on the evening of the rehearsal.

For the Boys

Boys can choose to wear white shirts and trousers with or without a jacket or a suit of their choosing. Colour of their choice.

- **It is the usual practice for boys to wear a Commemorative Tie. Ties will be distributed on the evening of the Rehearsal.**

- **Please pay for the tie using the Parish Donate Page.** The Reference is: Your family name, FHC Ties. I.e. Smith FHC Tie
- Try to make payment using a laptop or I-pad, phone banking does not tend to allow a Payment Reference to be added.
- It is essential that you email the Programme Administrator that you have made this payment. This is so that you do not receive an unnecessary reminder.

- Smart comfortable shoes. (No trainers!)
- They may carry a rosary.
- They will need their Baptismal Candle. Each candle will be lit by the Catechist using a flame taken from the Paschal candle. The candle remains alight while they profess their Baptismal vows then the Catechist will blow the candle out. (If you cannot find their Baptismal candle; please let me know whether you will need us to provide a Candle.
- The Catechists will rehearse the lighting of candles with your children on the evening of the rehearsal.

if you have any queries about the day and any requests from you about helping or volunteering; please to be in touch with the Programme Administrator. It is the **Programme Administrator's role** to co-ordinate with other Ministry Leaders in all the three churches over the organisation of the day to help make this a very beautiful occasion not just for your individual families; but for everyone who attends the celebration of the First Holy Communion Masses.

Traditional Prayers

We are the role models for our children. We do, they see, they do. We try to support our children to the best of our ability.

THE SIGN OF THE CROSS



. Please encourage your children to learn the making of **the Sign of the cross**. The right hand moves from top (forehead) to bottom (chest) and then from left (left shoulder) to right (right shoulder). Sit by their side and teach them this. Please do not stand in front of them to show them how because they will mirror your action and signing over the shoulders becomes confused. If you would like; please take their right hand, and then trace the Sign of the Cross teaching them the words.

THE LORD'S PRAYER

A brief History of Our Lord's Prayer. In response to the request of his followers "Lord, teach us to pray as you do", Jesus gave them the 'Our Father' or the Lord's Prayer. Luke ([11.2-4](#)) and Matthew ([6.9-13](#)). The 'Our Father', itself providing a pattern of prayer for followers of Christ, - praising God, petitioning God, maintaining a relationship with God and a yearning for the coming of God's reign in the 'here and now'.

The Catechism of the Catholic Church identifies seven petitions in The Lord's Prayer. These are:

1. May your holy name be honoured.
2. May your kingdom come.
3. May your will be done on earth just as it is in heaven.
4. Give us today the food we need.
5. Forgive us the wrongs we have done, just as we forgive the wrongs others have done to us.
6. Do not put us to hard testing.
7. Keep us safe from all that is evil.

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.

Hail Mary, full of grace, the Lord is with thee. Blessed are thou among 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.

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

GRACE 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 you thanks for all your benefits, Almighty God who live and reign for ever. 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 Spirit, 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 and is seated 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 Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all my relatives and friends, and in particular for the intentions of the Holy Father. Amen.

PRAYER TO MY GUARDIAN ANGEL

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

ACT OF FAITH

O my God, I firmly believe that You are one God in Three Divine Persons, Father, Son and Holy Spirit. I believe that Your Divine Son became Man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them, Who can neither deceive nor be deceived. Amen.

ACT OF HOPE

O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

ACT OF LOVE

O my God, I love You above all things, with my whole heart and soul, because You are all- good and worthy of all love. I love my neighbour as myself for the love of You. I forgive all who have injured me and ask pardon of all whom I have injured. Amen.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended thee, and I detest all my sins because of thy punishments, but most of all because they offend thee, my God, who are all- good and worthy 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. Amen.

The Rosary

It is a cycle of repeated formal prayers, such as the [Lord's Prayer](#) and the [Hail Mary](#), done while thinking about important events in the lives of [Jesus](#) and [Mary](#). A person who says a Rosary usually thinks about certain events from the [Bible](#). Each day has a traditional list of these events, called "Mysteries of the Rosary."

THE MYSTERIES OF THE ROSARY

The Five **Joyful Mysteries** are:

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord
4. The Presentation of Our Lord in the Temple
5. The Finding of Our Lord in the Temple

The Five **Sorrowful Mysteries** are:

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Our Lord

The Five **Glorious Mysteries** are:

1. The Resurrection of Our Lord
2. The Ascension of Our Lord into Heaven
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Our Blessed Mother into Heaven
5. The Coronation of Our Blessed Mother in Heaven

The Five **Luminous Mysteries** are:

1. The Baptism of Our Lord in the River Jordan
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration of Our Lord
5. The Institution of the Eucharist

FATIMA PRAYER O my Jesus, forgive us our sins. Save us from the fires of Hell; lead all souls into Heaven, especially those in most need of Thy mercy. Amen.

PRAYER AFTER THE ROSARY

O God, whose only begotten Son, by His life, death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech Thee, that, meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.



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 toward us, and after this our exile show 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.

Leader: *Let us pray.*

All: O God, who, through the Resurrection of Thy Son our Lord Jesus Christ, didst vouchsafe to fill the world with joy; grant, we beseech Thee, that, through His Virgin Mother, Mary, we may lay hold on the joys of everlasting life. Through the same Christ our Lord. Amen.

THE ANGELUS is a set of three short sentences (Antiphons) that reflect on the Incarnation of Christ at the Annunciation—that profoundly holy moment in which the Angel Gabriel announced God’s invitation for Mary to be the mother of Our Lord, and she said **yes!** This prayer can be said three times a day, 6m noon and 6pm.

Leader: *The Angel of the Lord declared unto Mary:*

All: And she conceived of the Holy Spirit.

Hail Mary....

Leader: *Behold the handmaid of the Lord:*

All: Be it done unto me according to Thy word. *Hail Mary . . .*

Leader: *And the Word was made Flesh:* **All:** And dwelt among us.

Hail Mary . . .

Leader: *Pray for us, O Holy Mother of God,*

All: That we may be made worthy of the promises of Christ.

Leader: *Let us pray:*

All: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.

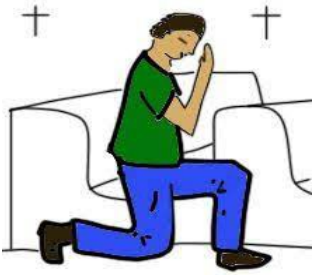
THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help or sought your intercession, was left unaided. Inspired with this confidence, I fly to you, O Virgin of virgins, my Mother. To you I come; before you I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in your mercy hear and answer me. Amen.



Helping your children pray the Holy Mass

As you enter the church show your child the Stoop - a recess for Holy Water.



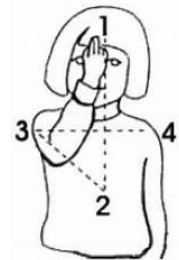
Genuflection show them how to bend their knee before you enter the pew at the front of the church – explain that in the presence of Jesus Christ in the Blessed Sacrament we as Catholics show our respect and honour and reverence, by bending the right knee to the floor we repeat the action of Genuflection after Mass is over when we leave our pews to exit the church.

During Mass (at the start of Mass – the Gathering)

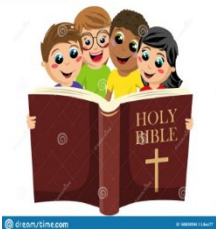
- encourage your child to watch Father approaching the Altar and genuflect low as he gives very great respect to Jesus who is present!



- encourage your child to watch Father kiss the Altar as this is also a sign of great respect as Father will celebrate the Eucharist at the Altar
- encourage your child to watch Father make the Sign of Cross and help them to make the sign of the cross



The Liturgy of the Word (scripture readings)



- encourage your child to understand that the stories come from the Old Testament and New Testament and the Gospel
- and them to focus on one word, person or action from the Readings.
- **First Reading** the stories from the Old Testament are about God keeping his promises and it tells us to expect Jesus to come.

- **Psalms** children comfort that God is faithful and will always be there for them. The Psalms teach children how to approach God, how to talk to Him, and how to ask for help. The Psalms give children the words to help express how they are feeling.
- **Second Reading** there is a reading from the Letters to the early converts of the Church or about life of the early Christians (Acts of the Apostles)

- **The Gospel Reading (Matthew, Mark, Luke and John)**



is about Jesus, the friends he made and the people he helped -

- prepare your child to watch the action of Father in carrying the Book of the Gospels up to the pulpit followed by the altar servers carrying Candles.
- encourage them to stand to hear the Gospel: we show respect because we believe that Christ is present in the Word.
- encourage your child to watch Father make the sign of the cross with his thumb on the Book of Gospels
- show them how to trace **the sign of the cross** on their head, lips and heart!
- explain the significance of the threefold signing: that is:
 1. we want to hear the Gospel with an open mind.
 2. say it with our lips.
 3. look after it in our hearts.
- when Father traces his thumb over his head, lips and heart then your child should do the same.



- encourage them to visualise the Gospel while they are hearing the Gospel – there is action in the Gospel – encourage them to create pictures in their heads with what they hear in the gospel reading.

THE LITURGY OF THE EUCHARIST

1) the Preparation of the Gifts

- bread and wine are carried by a family or children.
- encourage your child to watch Father preparing the Altar for the Eucharistic prayer.

2) the Eucharistic Prayer



- the **Consecration** is an important and significant moment in Mass.
- tell your child to bow their heads when Father lifts the bread and lifts the cup at the Elevation of the gifts when the bread and wine become the body and blood of Christ.



3) the Communion Rite

- we will say the Our Father together.
- encourage them to say: **Peace be with you** as they take your hand. We offer a bow to each other following restrictions.

- encourage them to offer the sign of peace with palms together and a bow of the head to the parishioner next to them and show them how to turn round to face the parishioner behind them and respectfully offer the sign of peace.
- **it is important to remember to be facing the Altar once the Lamb of God is being said.**



- encourage your child to cross their hands over their chest so father can give them a blessing.
- encourage your child to watch the parish going up for communion.
- if you have taken communion yourself, explain to your child you are now going to say thank you quietly for receiving communion and it is a moment for silent prayer.

- **After Mass** Spend a little time in prayer thanking God for the grace and blessings that you have received at Holy Mass
- remember there is always a tea/coffee and a sweet treat on offer after Mass at any of the churches.

[Camberley and Bagshot Catholic Parish](#)

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[Camberley and Bagshot Catholic Parish](#)



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