

April Supplemental Learning



Remember...
You are BLESSED!

Preparing your heart
and mind for your
First Holy Communion.

Receiving your First Holy Communion is like nothing else in the world. You have worked hard this year to prepare for this big moment in your life. The Eucharist is a great blessing. Remember...You are blessed!

We know you are excited, but take some time this month to slow down and really prepare your heart and mind to receive the Jesus in the Eucharist. Remember, it is **NOT** a symbol, it **IS** Jesus, truly present in the Eucharist. The Eucharist empowers you to do great things, just like the saints! Through Communion, we grow closer to God. It is the ultimate food for your soul and will give you strength and courage to serve God.

One of the best ways to prepare is to pray. For a few minutes each day, find a quiet place to sit and talk to him. You can also continue your conversation with God throughout the day. For example, when you see something amazing, you can say: "Wow, God, did you see that?" If you are afraid to do something that you know you should do, you can say: "God, please give me the courage to do this." And when something wonderful happens, you can say: "God, thank you for all the ways you bless me!"

Another way to prepare is to attend Mass and listen to God's word, reverently! Remember, He is always talking to you. This will also help you learn the Mass responses as well as with your nervousness on your special day!