

## January Supplemental Learning

# Remembering Our First Holy Communion



It is time to set out on another great adventure together. One of the greatest blessings you will ever experience in this life is the Holy Eucharist. This time of preparation will go by very quickly and it is important to remember your journey toward your First Holy Communion.

**Ask family and friends about their First Communion Day, starting with the questions below:**

- Do they remember that day?
- Do they remember what Church or Priest?
- What they were most excited for?
- What made the day special?
- How did they celebrate?
- Do they remember what they wore?
- Do they remember how they felt?
- Does your family have any special traditions?

**Share what you are most excited about with the family and friends you ask!**