Holy Communion – How important is it?

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Read page 56 of the Pupil Textbook and the breakdown of the Our Father.
Look carefully at the understanding of the prayer, can you have a go at writing your own version of the prayer? Visit Purple Mash for this task.

Question for reflection:

Why do you think saying the 'Our Father' is a good preparation for Holy Communion?
Are there any words in there that can give you a clue?

Receiving Holy Communion

As we prepare to receive Jesus in Holy Communion, we remember that he is the nourishment we need for our souls, for our inner lives, because:

- **Jesus** is the **Way** to the Father.
- **Jesus** teaches us the **Truth** about life.
- **Jesus** offers us eternal **Life** with God.

When we receive Jesus in Holy Communion, we become more deeply part of him and we are given a promise of sharing his life fully in heaven.

We welcome Jesus into our hearts. The time after Holy Communion is a time of most special prayer. During it, we speak personally to Jesus who is present within us.

We have to be very careful not to be distracted by others around us. We must find our own way of focusing on the presence of Jesus within us. If we deliberately let our thoughts wander, Jesus will not give us a nudge to remind us that he is with us. It is up to us to really make an effort to be with him. He loves each of us immensely.

Read page 57 of the pupil text book.

Pause to think
How can we remain present with Jesus during Holy Communion?
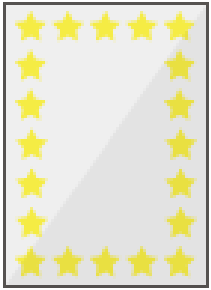
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Using the pupil text book, can you summarise the 6 parts of the Mass. Beginning, readings, offertory, consecration, communion and blessing.
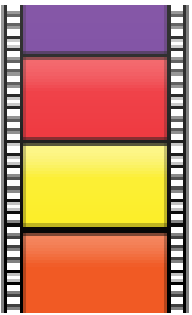
Our Lenten Journey

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2Animate

Next Wednesday, is Ash Wednesday, the start of our Lenten preparation.

1. Can you visit Purple Mash and write your Lenten Promise? What are you going to do that is extra?

2. Can you create an animation that shows the events of Holy Week? This can be continued over half term and handed in after.