

First Holy Communion

Will anything really change?

» **Go to Mass as much as you can!**

We go to Mass on Sundays. but we can also go during the week if we have the opportunity. If we are not enthusiastic about the Mass, how can we expect to inspire our young people? Jesus says: "Do this in memory of me".

» **Live from one Mass to the next!**

We draw the strength and grace we need from Mass for the week ahead. Holy Communion renews God's life in us and makes it vibrant.

» **Unite your life to the Sacrifice of Jesus!**

Our personal sacrifices, our family sacrifices and our work sacrifices; all that have and all that we are we bring into the Mass and offer it to God.

» **Prepare your heart for Mass!**

Before we receive Holy Communion, we should have a sinless heart, a free heart and an open heart for what God is asking from us.



Holy Communion
is **Jesus Christ**
- Body, Blood,
Soul and Divinity

the greatest gift of all

families getting ready for First Holy Communion
St Peter in Chains Parish, Ardrossan KA22 8DU

Jesus - present in the Mass in **three** ways

Firstly, he is present as a **SACRIFICE**

Every Mass, throughout the world, makes present Christ's sacrifice on the cross. "This is my Body, broken for you - this is my Blood, poured out for you" - broken and poured out on the hill of Calvary. The Stations of the Cross around the Church show us the depths of his passion and suffering. He dies for us to prove his endless love for us.

Secondly, he is present as **FOOD**

Jesus multiplied the loaves and fishes to feed the crowd who were hungry. But he also gave them food for their souls and not just their bodies. On Holy Thursday, he gave his Body and Blood to nourish God's life in us and make this life strong and vibrant. He created us with three



realities inside: We are an **animal**, an **angel** and a **child of God**. We need food for all three to remain healthy. We need food for our bodies, food for our minds and food for our souls.

And **thirdly**, Jesus is present as our closest **FRIEND**. The Scriptures obviously present God as overwhelming, transcendent, uncontrollable, the Creator of the heavens and the earth, but they insist that God is a person who wants to invite us into his life. They even speak of the awesome God "pitching his tent among us," becoming one of us, taking to himself our weak humanity. And this implies that we can speak to God as we speak to an intimate colleague and friend. Conversing with his disciples the night before he died, Jesus said, "I no longer call you slaves, but friends." Today, also, Jesus invites us to spend time with him, sometimes in simple conversation, sometimes by praying with him the psalms which speak of him, or simply by enjoying his presence in the silence of friendship.



The Mass is the **monument** to God's love and mercy...

how important is the Mass to you?

They say that "familiarity breeds contempt" - this can also happen with God and faith. The Mass has always been at the centre of who we are as Christians. Early Christianity in the catacombs celebrated the Mass in secret; the first reports about the martyrs said that they went from the "altar to the arena"; St John Ogilvie was arrested and executed in 1615 just for celebrating the Mass. We have to learn more and love more. If you don't know about something, you don't value it and you won't be prepared to make an effort for it. You don't light a fire with an icicle.