

We prepare...

Catholics believe that the bread really and truly has become the Body of Jesus. This belief is called Transubstantiation. This means that when they receive Holy Communion, they believe that Jesus is actually coming into their heart and so they receive Holy Communion with great care and reverence.



With clean hands you approach the Priest or Minister with one hand on top of the other.



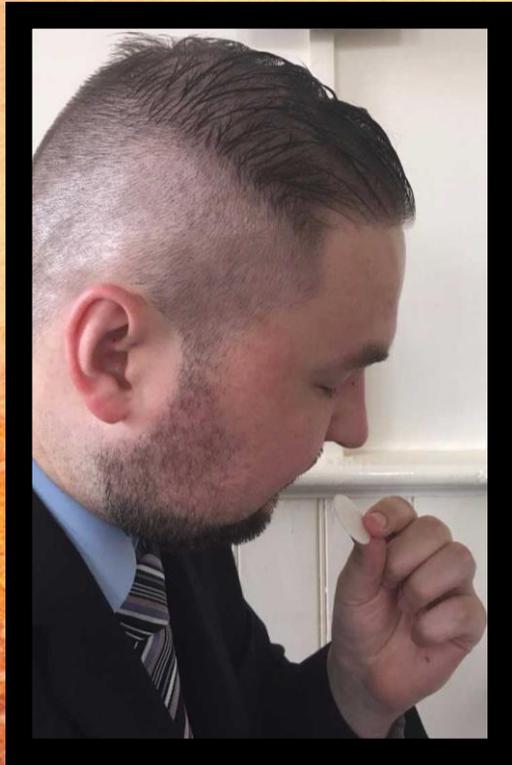
The priest or minister will hold the host in front of you and will say the words **The Body of Christ**
You respond with **Amen**

We prepare...



After saying **Amen** you will pick up the Blessed Sacrament with your finger and thumb and place Holy Communion into your mouth prayerfully.

We prepare...



You place the Blessed Sacrament into your mouth and return quietly and prayerfully to your seat. Spend the next few moments thanking Jesus for coming to you in the form of Bread and Wine.

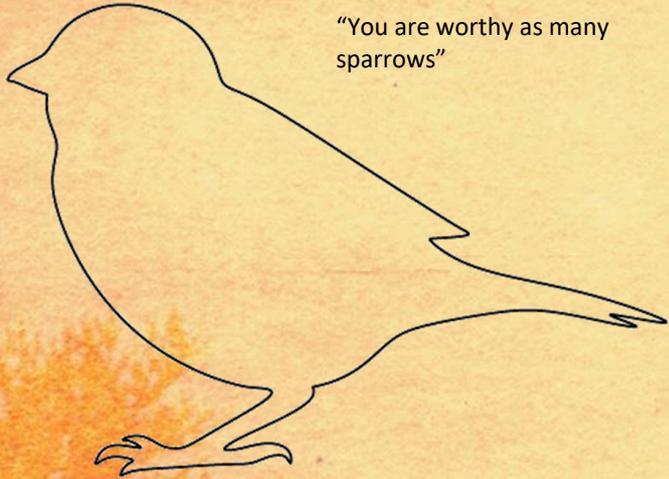
We prepare...



If you are not a Roman Catholic and have not received your First Holy Communion, you are invited to come forward to receive a blessing. Please indicate this by placing your arms across your shoulders. When the priest has said the prayer you will say

Amen

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"You are worthy as many sparrows"

During form time with your new tutor you will be given a paper bird.

The paper will symbolise how worthy you are. We are all special and poses different qualities and the bird you decorate today should portray those assets.

Your bird can be decorated with magazines and newspaper cuttings, pictures, feathers, sequins and stickers. You can also draw, write and colour to make your sparrow as individual as yourself.

If you are struggling to come up with ideas have a chat with other students on your table, you might get to know a little more about them.

All of the birds will be displayed on a tree in the JC Hall during the mass.

Please ensure you write your full name and form on the back so that you are able to make a display in your form room.