

**A few Prayers your
Child is learning**

Hail Mary
Hail Mary, full of grace
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.
Holy Mary, mother of God,
pray for us sinners,
now, and at the hour of our death. Amen.

Our Father
Our Father who art in heaven
hallowed be thy name.
Thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation.
But deliver us from evil. Amen.

Journey Prayer
Arise with me in the morning.
Travel with me through each day.
Welcome me on my arrival.
God, be with me all the way.

Glory be to the Father
Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now and ever shall be,
world without end. Amen.

Morning Prayer
Father in heaven, you love me,
you're with me night and day.
I want to love you always
in all I do and say.
I'll try to please you, Father.
Bless me through the day. Amen.

Night Prayer
God, our Father, I come to say
thank you for your love today.
Thank you for my family,
and all the friends you give to me.
Guard me in the dark of night,
and in the morning send your light. Amen.

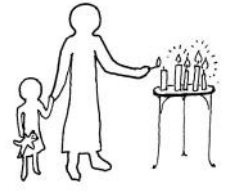
Grace after Meals
Thank you, God, for the food we have
eaten.
Thank you, God, for all our friends.
Thank you, God, for everything.
Thank you, God. Amen.

Grace before Meals
Bless us, O God, as we sit together.
Bless the food we eat today.
Bless the hands that made the food.
Bless us, O God. Amen.

At the end of each lesson on your child's book there is a prayers you can say with your child.

*Family is where prayer is first shared.
In its experiences of reconciliation and of shared
meals, it anticipates the sacraments of
Reconciliation and Eucharist. Family is where the
seed of faith begins to grow. It is where children
come into contact with the God in Jesus Christ.*
From the First Communion Diocesan Policy

Consider taking your child to
visit the Church outside of
Mass times. It is often a much
quieter and more personal
experience. Perhaps light a
candle and say a prayer for someone who is
unwell or who has died, or maybe say a prayer of
thanksgiving for the gifts that God has given to
your family!



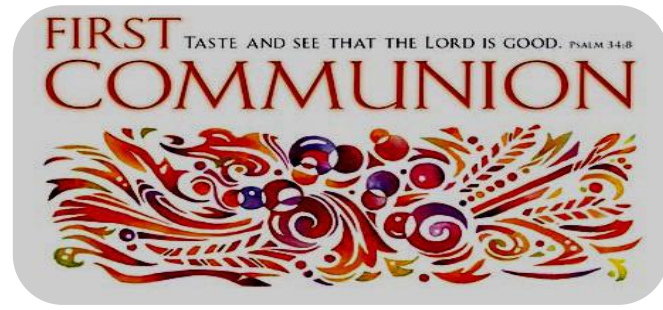
Don't forget to continue these practices after the re-
ception of the sacraments!
Remember Our Family Mass is 10:15am every Sun-
day. You can also join us via our parish livestream
on our website!

*Please note that due to Covid -19 uncertainty
the dates for first Confessions and First Holy
Communion celebrations may change depending
on health guidelines at the time. Please keep an
on our parish websites for updates.*

Church of Divine Mercy
Lucan South Parish



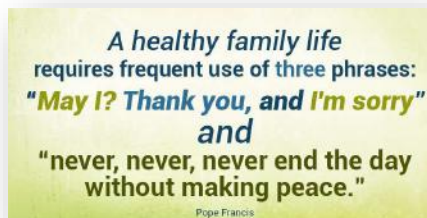
*Information for
Parents & Guardians*



The celebration of First Communion is not an end in itself, but is a sacred and important moment on a long journey of faith development. Together with Baptism and Confirmation, it opens the door to full participation in the Christian family.

The invitation this year is for you to take an active role as a family in preparing with your child.

- Parents are crucial people in their child's life and faith journey. You are now, and have always been, your child's first and best teacher. It is your example they follow. Preparation for the sacraments is a unique opportunity for parents and children to talk about their faith.
- It provides teachable moments at home and in church when what they are learning from teachers and books can be connected to what children see and live.
- It enriches the whole family. In addition to helping build a bond of faith between parents and the child undertaking the preparation, it provides opportunities for younger children to be introduced to elements of our faith and for older children to deepen their understanding of the sacraments.



How you can support your child:

- Talk to your child about First Holy Communion and why they are receiving it
- Regularly follow our mass online with your child .
- Spend time with your child preparing for the Mass by reading the Gospel and Mass responses. Help your child with any activities they are asked to do at home.
- Create a family prayer space.
- Pray with your child at home.

Be the Message

...you want to pass on to your child

A Parent's Prayer

Help me give my children the best... not of trappings or toys, but of myself, cherishing them on good days and bad, theirs and mine. Teach Me to accept them for who they are, not for what they do; to listen to what they say, if only so they will listen to me; to encourage their goals, not mine; and please, let me laugh with them and be silly.

Let me give them a home where respect is the cornerstone, integrity the foundation, and there is enough happiness to raise the roof.

May I give them the courage to be true to themselves; the independence to take care of themselves and the faith to believe in a power much greater than their own.

We ask this through Christ our Lord.

Amen

Setting up a Prayer Space in your home:

A prayer or sacred space is a small area in which you can place symbols that help your child to sense and express that God is present in their lives. Children often use their sacred space at home as an area for the "holy objects" that they accumulate from home, school, relations and parish.



It doesn't have to be complicated. A window sill or corner of a table will do. Place a coloured cloth here with a Candle and any other sacred symbols that appeal to your child. Talk with them about the meaning of the objects & symbols they are placing in their sacred space. They can be changed with the different seasons *eg. at Christmas and Easter.*

N.B. Always supervise children around lighting candles.

Suggestions for praying with your child

- Use the prayers your child is learning at school
- Say a grace before meals when you sit down to eat as a family.
- Encourage them to pray for friends & relatives.
- Pray with your child before they go to sleep at night. This is a lovely time to talk over their day and to thank God for the good things in our lives and to ask God to bless all the people we love.

