

What should I be doing with my child at home between now and the next session?

- Celebrate the Eucharist each week. Keep your child preparing for First Holy Communion with you now (do not send them to Children's Liturgy of the Word.)
- To help your child focus during the Liturgy of the Word, find one word or one idea from the readings that is repeated fairly often. Highlight it for them and have them listen specifically for the use of that word or idea throughout the Liturgy of the Word. After Mass ask them how many times they heard that word.
- Help your child focus on what the Mass tells us Jesus is saying and doing in the stories and prayers of the Mass. After Mass ask them to tell you what parts of Jesus' life the Mass talks about.
- Begin to specifically attend to your child's participation in the gestures, postures and ritual dialogue of the Mass. Help them fully participate in this.
- Create a Lent plan for your family that centers on prayer, fasting and outreach to those in need. Lent begins 3/1/17,
- Plan to attend Mass to receive Ashes on 3/1/17.
- Pray the Lord's Prayer daily with your child.
- Continue or begin to pray with your child before bed using a Consciousness Examen as introduced in First Reconciliation Preparation. Link this for them to the penitential rite that begins each Mass. This will help them have something with which to ask for God's mercy during that early part of the Mass.
- Model your ongoing growth in faith by attending some parts of the Parish Lenten Mission that begins on March 18th.