

The Emmaus Walk

25 April 2019

First Holy Communion 2019



CATHOLIC PARISHES OF BOREHAMWOOD

The Walk to Emmaus

(Luke 24:13-32)

Two of Jesus' followers were going to a village named Emmaus, about seven miles from Jerusalem, and they were talking to each other about all the things that had happened. As they talked and discussed, Jesus himself drew near and walked along with them; they saw him, but somehow did not recognize him. Jesus said to them, "What are you talking about to each other, as you walk along?"

They stood still, with sad faces. One of them, named Cleopas, asked him, "Are you the only visitor in Jerusalem who doesn't know the things that have been happening there these last few days?"

"What things?" he asked.

"The things that happened to Jesus of Nazareth," they answered. "This man was a prophet and was considered by God and by all the people to be powerful in everything he said and did. Our chief priests and rulers handed him over to be sentenced to death, and he was crucified. And we had hoped that he would be the one who was going to set Israel free! Besides all that, this is now the third day since it happened. Some of the women of our group surprised us; they went at dawn to the tomb, but could not find his body. They came back saying they had seen a vision of angels who told them that he is alive. Some of our group went to the tomb and found it exactly as the women had said, but they did not see him."

Then Jesus said to them, "How foolish you are, how slow you are to believe everything the prophets said! Was it not necessary for the Messiah to suffer these things and then to enter his glory?" And Jesus explained to them what was said about himself in all the Scriptures, beginning with the books of Moses and the writings of all the prophets.

As they came near the village to which they were going, Jesus acted as if he were going farther; but they held him back, saying, "Stay with us; the day is almost over and it is getting dark." So he went in to stay with them. 30 He sat down to eat with them, took the bread, and said the blessing; then he broke the bread and gave it to them. Then their eyes were opened and they recognized him, but he disappeared from their sight. They said to each other, "Wasn't it like a fire burning in us when he talked to us on the road and explained the Scriptures to us?"

Hello and Welcome

Welcome to this year's Emmaus Walk. This session is designed to remind you (and your parents) everything that you have learned from the First Holy Communion programme, as well as to give you deeper insights into your faith in a fun, practical and engaging way.

Here's what we'll do!

1. Taking your parents with you, split into your usual group. There are seven stations placed around the church. Find the one with your usual catechist.
2. Your catechist will give a brief reflection about his/her station and **you will have things to do written in burgundy.**
3. Afterwards, go on to the next station in the order given below. You will be moving in a clockwise direction around the church.
4. The catechists will remain in their original stations - only you and your parents will be moving around.
5. From Station 1 move on to Station 2, etc. The group at Station 7 should move to Station 1.
6. Fr Antonio will ring a bell which will indicate the beginning and end of each session (approximately five minutes).

Station	Who	What	Where
1	Emma Tucker	The Eucharist	Our Lady's Statue/ Music Room
2	John Doneo	Baptism	Baptistry/Font
3	Confirmation Candidates	Confirmation	Back Pews
4	Mary Jane Gatlula	Reconciliation	Confessional Box
5	Kathy Gristwood	The Word of God	Lectern
6	Toni Wicks	Jesus is Present	Tabernacle
7	Mary Sherwood	To Love and to Serve	Middle of Church

Station 1

The Eucharist



Focus: Chalice and Paten with Hosts

Reflection: We are gathered by Our Lady's special space in our Church. Mary was the mother of Jesus and she taught Jesus many things. Think about what we have learned about Holy Communion - things that we didn't know before (e.g. the story of the Last Supper, what happens to the bread and wine, what is this cup called?)

Children: **Talk to your parents about one thing you have learned about Holy Communion.**

Catechist: Invite children to share with the whole group. Summarise.

Prayer: Let's thank Jesus for this special gift of Holy Communion.

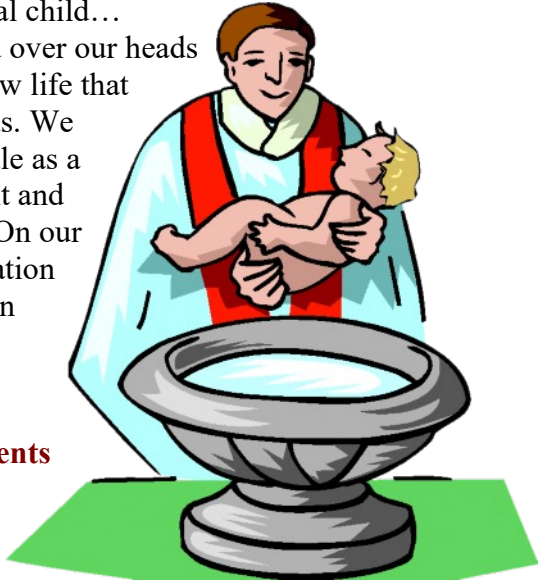
Let us pray for everyone in the group as we say together
Hail Mary.

Station 2

Baptism

Focus: Baptismal Candle, Baby Doll, Bowl of Water

Reflection: Our journey to First Holy Communion began when we were baptised ... when God called us to be His special child... Water was poured over our heads as a sign of the new life that God shares with us. We were given a candle as a sign of God's light and love in our lives. On our journey of preparation some things stay in our minds and we remember them.



Children: **Talk to your parents about one thing you remember most - a special moment for you from the First Holy Communion sessions or at church since September.**

Catechist: Invite children to share with the group their special moment if they want to.

Prayer: Let's make the sign of the cross with the water to remind ourselves of our Baptism.

Thank you Jesus for calling us to be your children, and for all the gifts you have given to us. Amen.

Station 3

Confirmation

Focus: Picture of the Holy Spirit

Reflection: After First Holy Communion you can receive the Eucharist every time you come to church. But you will still be growing in your faith. When you are fourteen you will be invited back for another course to confirm your faith – Confirmation. At Confirmation you will be strengthened by the gifts of the Holy Spirit to help you become an adult Christian.

Catechists Talk to the children about preparing for Confirmation. What is it like and what do you have to do? When will you be confirmed? Who by? Ask the children if they have any questions about Confirmation.

Children: **Talk to your parents about what they remember about their own First Holy Communion and Confirmation.**

Catechist: Invite children to share with the group their special moment (if they want to).

Prayer: *Let's make the sign of the cross with the water to remind ourselves of our Baptism.*

Thank you Jesus for calling us to be your children, and for all the gifts you have given to us. Amen.



The Holy Spirit

Station 4

Reconciliation

- Focus:** Picture of The Prodigal Son and the confessional box
- Reflection:** One of the most important steps in being a friend of Jesus is being able to say sorry - like the Prodigal Son. We can come to Reconciliation whenever we feel the need for God's forgiveness. God our Loving Father is always ready to forgive us...
- Catechist:** Show them the Confessional Box – where the priest sits and where the penitent sits.
- Children:** **Discuss with your parents how you felt about going to Reconciliation. What did you like best? What were you nervous about?**
- Catechist:** Invite children to share their responses with the group, if they want to.
- Ask them to make the sign of peace.
- Prayer:** **Heavenly Father, thank you for your forgiving love. Help us to grow more like Jesus and be ready to forgive other people when they hurt us. Amen.**
- Thank you Jesus for calling us to be your children, and for all the gifts you have given to us. Amen.**



"This son of mine was dead and has come back to life; he was lost and is found."

The Prodigal Son

Station 5

The Word of God

Focus: Lectern, Lectionary

Reflection: Each time we come to Mass we listen to God's Word from this book. (Hold up Lectionary.) All these readings come from the Bible. Jesus tells us that we are to be like him. When we hear the Word of God we learn how to become more like Jesus.



Catechist: Remind them of some of the Bible stories we have covered in *I Belong* such as Samuel and Eli / Daniel in the Lion's Den / The Nativity / Zaccheus / Wedding Feast of Cana / The Resurrection ... etc. You can say which one you like best and why!

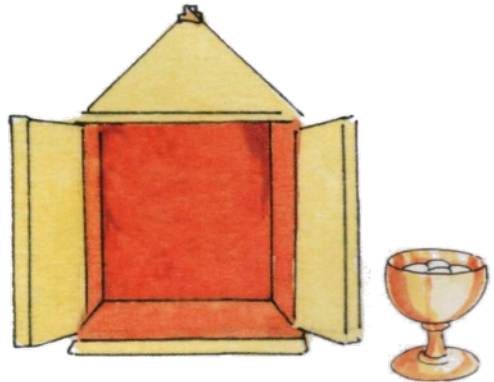
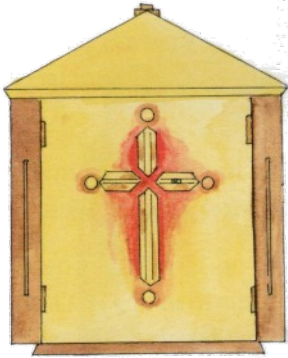
Children: **Turn to your parents and share your favourite story from the Bible. It can be a story about Jesus, a story that Jesus told, or a story from the Old Testament. Share responses in the group.**

Catechist: Give out unlit candles to be lit at home with parents. These candles carry the Word of God and the Light of Christ into the world.

Prayer: **Lord Jesus help us to listen to your word and keep it in our hearts. Amen**

Station 6

Tabernacle



Focus: The Tabernacle

Reflection: This is a very special area of the Church called the Sanctuary. Usually the people who come up here have a special job to do in the church e.g. The priest, the altar servers, the musicians, the Eucharistic Ministers. You will be invited up here again for your FHC as it is a special day. This box is called the Tabernacle and the consecrated bread is kept here after Mass. This is to remind us that Jesus is always with us and also so that communion can be taken out to sick people at home or in hospital during the week. The candle/lamp is lit to show that Jesus is present in the Tabernacle.

Children: **Talk to your parent about how you feel when you come to church. What do you like best? What do you find difficult?**

Catechist: Explain about kneeling or bowing in front of the Blessed Sacrament.

Prayer: *Kneel to pray.*

Help us, Lord, to find you in our church and in the world. Amen.

Station 7

To Love and to Serve

Focus: Candle Tree – with box of candles

Reflection: Jesus tells us to love one another the way he has loved us. He wants us to be the best people we can be – as a brother/sister, son/daughter and friend to others.

Something we can always do for others is to pray for them, both the people we love and the people we find difficult.

Catechist: Show them the Confessional Box – where the priest sits and where the penitent sits.

Children: **Talk to your parents about the things you can do to help other people. Think about somebody you would like to pray for and light a candle for them.**

Catechist: Invite children to share their responses with the group, if they want to.

Prayer: Here is a prayer that was written 500 years ago by Saint Teresa of Avila. It is a good prayer to remember whenever we go to Holy Communion.

“Christ has no body on earth now but yours, no hands but yours, no feet but yours; yours are the eyes through which he looks with compassion on the world; yours are the feet with which he walks to do good; yours are the hands with which he blesses all the world.”

Please help each one of us, Jesus, to be your body here on earth. Amen.



WORD SEARCH

A	N	A	L	T	A	R	O	A	S	T	E	D	P	T
N	O	I	T	A	I	L	I	C	N	O	C	E	R	E
S	H	O	L	Y	S	P	I	R	I	T	O	D	O	L
D	S	X	K	I	T	E	C	L	O	C	K	S	D	L
P	E	J	K	I	T	E	O	H	U	G	G	Y	I	Y
D	L	E	C	T	I	O	N	A	R	Y	B	C	G	G
D	D	A	L	L	A	E	F	D	Y	N	A	S	A	Y
S	N	O	L	A	C	R	I	S	T	I	M	A	L	T
S	A	D	M	I	N	D	R	E	F	R	S	M	S	D
D	C	D	L	O	S	T	M	I	R	R	I	R	O	N
C	R	A	E	U	C	H	A	R	I	S	T	I	N	E
T	H	N	A	K	Y	O	T	H	A	N	P	O	S	T
C	A	M	E	R	A	S	I	R	K	S	A	L	D	A
S	M	A	L	L	I	F	O	N	T	A	B	O	O	P
E	M	A	N	Y	T	N	N	R	E	T	C	E	L	T

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|---|-------------------------------------|
| <input type="checkbox"/> Emmaus | <input type="checkbox"/> Lectionary |
| <input type="checkbox"/> Eucharist | <input type="checkbox"/> Lectern |
| <input type="checkbox"/> Baptism | <input type="checkbox"/> Font |
| <input type="checkbox"/> Confirmation | <input type="checkbox"/> Paten |
| <input type="checkbox"/> Holy Spirit | <input type="checkbox"/> Chalice |
| <input type="checkbox"/> Reconciliation | <input type="checkbox"/> Candles |
| <input type="checkbox"/> Prodigal Son | <input type="checkbox"/> Altar |

Prayer before Communion

Lord Jesus, come to me,
Lord Jesus, give me your love.
Lord Jesus, friend of children, come to me.
Lord Jesus, you are my Lord and my God.
Praise to you, Lord Jesus Christ.

Prayer after Communion

Lord Jesus, I love and adore you.
You're a special friend to me.
Welcome, Lord Jesus, o welcome.
Thank you for coming to me.
Thank you, Lord Jesus, o thank you
for giving yourself to me.
Make me strong to show your love
wherever I may be.



The Catholic Parishes of Borehamwood
St Teresa of the Child Jesus
Ss John Fisher and Thomas More
www.catholicparishesofborehamwood.org