**First Holy Communion – Home Learning**

In school your child will learn about the following Scripture passages. These passages explore how God nourishes His people. While at home read two or more with your child and discuss what nourishment means, how we are nourished spiritually and how the Sacrament of the Eucharist nourishes us on our journey of faith. See notes for parents on the Scripture passages at the end of this document. You can choose from some of the suggested follow up activities below.

* The story of Manna in the Desert (Exodus 16:11-18)
* The journey of Elijah (1Kings 19:4-8)
* The miracle of the loaves (Mark 6: 30-44)
* Samaritan Woman (John: 7-15)
* I am the Bread of Life (John 6: 32-40)
* The Appearance on the shore of Tiberius (John 21:9-14)

**Suggested Activities:**

* Write a summary of the Scripture passages
* Compare the characters in two of the passages
* Research the lives of some of the saints who trusted in God, listened to His Word and witnessed to the love of God in their Faith Journey.
* Write a prayer of thanksgiving which your child can say after receiving the Eucharist

It is important that your child continues to learn about the Mass while at home. There are a number of ways to access Mass online while we are unable to gather for Mass in our parishes. Some of the materials below should help you to revise the Mass.

**St Andrew’s Cathedral Glasgow**: <http://www.cathedralg1.org/>

**Mass Times:** Mon – Fri: 1pm &5:15pm Sunday: 10am, 12pm and 5:15pm

**Notes for parents on Scripture texts:**

The following notes suggest some thematic connections which might be helpful in choosing which passages to explore/inform your discussion with your child.

**1) Exodus 16 & Mark 6:30-44**

*Having been brought into the desert through the Red Sea, the Israelites were hungry.*

*They called on Moses to ask God to provide food for their journey through the empty*

*wilderness. Each morning thereafter, until they reached the Promised Land, God sent*

*down a strange, edible dew called ‘manna’ from which the Israelites could make a kind*

*of bread.*

*When Jesus was teaching in the wilderness, the people became hungry. Jesus fed them*

*from a small amount of bread and fish. Jesus gives the disciples a glimpse of his*

*identity as God's Son by replicating in the 'lonely place' where the crowds had gathered*

*what God had done for his people so long ago.*

**2) Exodus 16 & John 6:32-40**

*Having been brought into the desert through the Red Sea, the Israelites were hungry.*

*They called on Moses to ask God to provide food for their journey through the*

*wilderness. Each morning thereafter, until the end of the Exodus journey, God sent*

*down a strange, edible dew called ‘manna’ from which the Israelites could make a kind*

*of bread Many years later, Psalm* 78 *would recall this miraculous food by saying: "God*

*gave them bread from heaven to eat."*

*After Jesus had fed the people in the desert, he began to teach them that, although*

*the manna was like bread from heaven, it was only a sign pointing to the real Bread*

*which comes from Heaven: himself. His Body is the true 'Bread of Heaven’, the Bread*

*of Life. Their ancestors, the Israelites, were fed with the manna only until their*

*journey to the Promised Land was over: but the Bread of Life, Jesus, will nourish us for*

*our journey through all of life, into eternal life.*

**3) Exodus 16 & 1 Kings 19:4-8**

*Having been brought into the desert through the Red Sea, the Israelites were hungry.*

*They called on Moses to ask God to provide food for their journey through the*

*wilderness. Each morning thereafter, for forty years until they reached the Promised*

*Land, God sent down a strange, edible dew called ‘manna’ from which the Israelites*

*could make a kind of bread.*

*Many years later, the prophet Elijah had to hide from people who wanted to kill him.*

*So he hid in the desert as long as he could. He was tired, sad and hungry, and had no*

*food and no water. But while he was sleeping, he had a vision of an angel telling him to*

*eat and drink, and when he woke up he found bread and water sitting there. After this*

*happened a second time, Elijah was able to get up and continue on his journey for forty*

*days and forty nights, strengthened by the food God had provided.*

*These two texts speak about God's action in helping people on a difficult journey (albeit*

*here in miracle stories). Note also the connection of the ‘forty’ which represents*

*completeness and the beginning of a new stage in life.*

**4) John 4:7-15 - John 6:32-40**

*In both of these passages from John's Gospel, Jesus speaks to people who don't at*

*first understand what he means. He offers them something, but they think he is talking*

*about the physical thing; he's talking, however, in a metaphor about himself and what he*

*can give us. To the woman at the well he offers water: not water which she will need a*

*bucket to get hold of, but ‘living water', usually understood to mean the Holy Spirit*

*who comes to us in the water of Baptism and draws us into God's unending life.*

*Similarly, to the people in the synagogue, he is not speaking about the kind of bread*

*which feeds them in an ordinary way, but about himself: the Bread of Life which*

*nourishes us throughout our life and into eternal life. Thus, these two passages speak*

*powerfully about the sacramental symbols that are important for Baptism and*

*Eucharist (water and bread) and tell us they prepare us for everlasting life.*

**5) 1 Kings 19:4-8 - John 21:9-14**

*The prophet Elijah was running away from people who wanted to kill him. He got very*

*tired and hungry, had no food and no water, and soon lost heart. But while he was*

*sleeping, he had a vision of an angel telling him to eat and drink, and when he woke up he*

*found bread and water sitting there. After this happened a second time, Elijah was*

*able to get up and continue on his journey for forty days and forty nights,*

*strengthened by the food God had provided.*

*Similarly, Jesus disciples, after the Resurrection, didn't know what to do, so they went*

*back to their lives as fishermen. They worked hard all night, but caught no fish. Jesus*

*appeared to them and when they did what he said they caught a huge number of fish.*

*Then, Jesus shared a meal of bread and grilled fish on the beach, and the disciples*

*knew they had to go now and tell the good news to others. The meal Jesus had provided*

*gave them new heart and helped them find their way forward.*

**6) Mark 6:30-44 - John 21:9-14**

*When Jesus had finished teaching in a remote place, the people who had come to hear*

*him became hungry. Jesus fed them from a small amount of bread and fish. His*

*disciples caught a glimpse of his identity and power in this miracle. Jesus' actions*

*remind us of the Eucharist (he took the loaves, said the blessing, broke them and gave*

*them out). Also, the amount of leftovers* (*12 basketfuls) represent the 12 tribes of*

*Israel: there is plenty for everyone and more!*

*Similarly, the appearance on the shore of the lake of Tiberias (the Sea of Galilee),*

*after the Resurrection, also shows the disciples Jesus' identity and power, as he*

*provides another miracle of abundance for them (the great haul of fish). Again, he*

*takes the bread and gives it to them, in a way that reminds us of the Eucharist, and,*

*like the other miracle, the number of the fish* (*153* *of theml) is symbolic: it represents*

*the number of nations of the world known in their day. The mission will be to everyone,*

*and everyone is invited in!*

*Both of these texts tell us about Jesus, his mission and his power. But they also tell us*

*that his followers are to continue his mission, trusting that he will help them. When we*

*celebrate the Eucharist, he helps us do this.*