

First Holy Communion Preparation Letter to Parents

Our Lady of Lourdes Catholic Church, Aylesbury

Dear Parents and Guardians,

We are excited to begin this year's journey of preparing your child for the **Sacrament of First Holy Communion**. This is a very special time in their faith life as they grow closer to Jesus and learn more about God's love, the Church, and the importance of the Eucharist.

Please find below **the proposed lesson schedule for the year**. Please note the dates may be subject to change. Lessons will take place on **Saturdays, 11am to 12:30pm**. Additional parent meetings will be scheduled in due course.

Due to the busy holiday period, we are unable to hold the first parent meeting before the start of the First Holy Communion lessons. Therefore, we kindly ask that you bring your child to their **first lesson on Saturday, 20 September 2025**.

Our **first parent meeting will take place on Sunday, 5 October 2025 after the 10:30am mass**. During this meeting, we will share important information about the program and provide an opportunity for you to ask questions.

Program Goals

Through our lessons, prayers, and community, the children will:



- Learn about God's love and how we live as His children.
- Understand the meaning of the sacraments, especially **Reconciliation** and the **Eucharist**.
- Grow in prayer and in their relationship with Jesus.
- Be prepared to receive Jesus in the Eucharist with reverence and joy.

Expectations

To make this fruitful, we ask for your support:

1. **Attendance:** Please ensure your child attends each lesson and Sunday Mass regularly.
 2. **Prayer at Home:** Encourage daily prayer and family participation in faith.
 3. **Practice:** Help your child learn the prayers they need to know (Our Father, Hail Mary, Glory Be, Act of Contrition) and complete the pre/homework for each lesson.
 4. **Participation:** Support your child in activities, crafts, and service opportunities.
-

5. What Next:

1. To register your child for the First Holy Communion program, please complete the enclosed Registration form and return to the Parish Office no later than **September 14, 2025**.
2. When registering your child, please use their First and Last (Surname) only.
3. When returning the registration forms, include your child's baptism certificate.
4. The cost to cover the materials that will be used for the lessons is £25 per child. Grateful if payments could be made at the first parent meeting on 5 October and no later than 18 October.
5. If you have any questions or need support, please do not hesitate to contact the parish office at:
 parish.oloaylesbury@northamptondiocese.org
 01296 290545

We look forward to working together as we accompany your child on this sacred journey.

Thank you for your commitment and partnership in helping them grow in faith and love of Jesus. Together, let us pray for our children as they prepare to receive Jesus in the Eucharist for the first time.

Yours

OLOL First Holy Communion Catechist Team

2025-26 FHC Schedule

****** Additional Parent meetings will be scheduled in due course******

Week	Topic	Learning Goals	Pre-lesson/Homework (YouCat)
20 Sep	1. God's Love & Creation	Children understand that God made them and loves them unconditionally.	Pre-lesson: pg 10-20 Homework: Read Creation Story- Gen 1
5 Oct	Sunday	Parent Meeting	After 10:30 mass (bring £25 reg fee)
11 Oct	2. God's Voice	Explain that God does speak to us – discuss different ways God Speaks – Intro Bible	Homework: pg 21-25
18 Oct	3. Who is Jesus?	Children know Jesus is God's Son and their friend. Body language of God. True man/God.	Pre-lesson: pg 41-46
8 Nov	4. Sin and Forgiveness	Understand sin, saying sorry, and God's forgiveness. 7 deadly sins/virtues. Jesus' salvation mission.	Pre-lesson: pg 131-139 Also read the story of the Prodigal Son - Luke 15:11 -32 Homework: Guide pg 8
15 Nov	5. The Sacraments	Understand the 7 Sacraments, outline Baptism & Eucharist.	Pre-lesson: pg 108-113; 118-121
6 Dec	6. Mass (Part 1)	Learn the structure of the Mass and the importance.	Pre-lesson: Look at parts of mass on the mass cards. Homework: pg 90-91; 120-125
13 Dec	7. Mass (Part 2) Practical	Learn how to participate with reverence. Learn about 2 Creeds.	Homework: from pg 28 Read 5 facts about God and learn to say the Creed.
10 Jan	8. The Commandments	Learn God's rules for living well. Discuss in children's terms. Difference between right/ wrong. Freewill. 5 Precepts of the Church.	Pre-lesson: pg164-165; 168-191. Homework: Read Matt 22:36-40 The Greatest Commandment
17 Jan	9. Reconciliation / Confession Practical	Learn how to confess and what happens. Penance.	Homework: pg134-139 and learn Confession steps.
7 Feb	10. The Eucharist	Understand that the Eucharist is Jesus truly present. Why we receive.	Pre-lesson: pg 119; 124-126
28 Feb	11. Receiving Holy Communion Practical	Learn how to receive with reverence.	Pre-lesson: pg 127-129
14 Mar	12. Prayer & Faith Life	Develop daily prayer habits and sense of faith community. Creed.	Homework: pg 196-223 and learn one new prayer of the Church.
21 Mar	13. Living Like Jesus	Learn to live with kindness, love, and prayer.	Homework: pg 224-226
18 Apr	Rehearsals	Practice for FHC masses	Parents and children to attend
9 May	Confession	For children & parents	Parents and children to attend
16 May	FHC Masses		
7 June	Corpus Christi	Participation in Procession	Bring petals & wear FHC attire