

First Eucharist Resources Approved/Recommended for use by Parishes/Schools of the Archdiocese of Seattle

*The following textbooks and programs have been reviewed and recommended by the
Department of Faith Formation*

Believe. Celebrate. Live Eucharist (Primary)	Sadlier © 2017
Believe. Celebrate. Live Eucharist (Intermediate)	Sadlier © 2017
Blessed	Dynamic Catholic © 2017
Call to Celebrate: Eucharist	OSV/Harcourt ©2007
Call to Celebrate: Reconciliation & Eucharist (Intermediate)	OSV/Harcourt ©2007
Celebrate and Remember: Eucharist	Saint Mary's Press ©2011
Encounter with Christ-Eucharist and Reconciliation	Our Sunday Visitor © 2016
Eucharist: We Give Thanks and Praise (Primary)	RCL Benziger ©2006, 2015
Eucharist: We Give Thanks and Praise (Intermediate)	RCL Benziger ©2006, 2015
Go Seek Find: Eucharist	Saint Mary's Press © 2017
God's Gift: Eucharist	Loyola Press ©2009, 2016
God's Gift-Reconciliation & Eucharist (Intermediate)	Loyola Press © 2016
Invited By Christ - Preparing for First Reconciliation and First Eucharist (Intermediate)	Pflaum © 2024
Meet the Gentle Jesus	Liguori Publications © 2020
Received: Your Journey to First Communion	Ascension Press © 2023, 2024
Rejoice: Preparing for the Sacraments of Eucharist & Reconciliation	Loyola Press © 2026
Signs of Grace: You are Loved	Augustine Institute © 2018
Together In Jesus-First Eucharist	Pflaum © 2004, 2011, 2018
We Believe and Celebrate First Communion	Sadlier ©2006

First Eucharist Supplemental Materials

Your Child's First Reconciliation and First Communion *Liturgy Training Publication, 2024.* This booklet provides thoughtful, clear answers to the questions parents have about preparing their children to receive the sacraments of reconciliation and Communion for the first time. It includes recommendations for the involvement of godparents, reflections on the meaning of the sacraments, an overview of the rites, and guidance for how and when to receive the sacraments. It also stresses the importance of regularly confessing sins and going to Mass as a family. With questions for reflection, parents will be able to engage with their children about their developing faith and help them participate regularly in the sacramental life of the Church as they mature.

Child's Guide to First Holy Communion *Paulist Press, 2003*. A charming yet informative picture book aimed at children who are preparing to receive this important sacrament for the first time. Written in an engaging, easy-to-read manner, this book follows Justin as he attends Mass to receive his First Holy Communion. Throughout the book, there are interactive questions ("What are you thankful for?") designed to encourage discussion between the child and parent or teacher. *Child's Guide to First Holy Communion* is: —is beautifully illustrated in full color. —shows children just what to expect from this new experience.

We Share in the Eucharist: Child's Book & Leader's Guide *Twenty-Third Publications, 2019*. This appealing sacramental preparation program invites children, their families, and the parish community to enter into the mysteries of the faith more deeply and to pray more often, and to experience the sacrament of Eucharist as an encounter with Jesus Christ. Also includes a Family Guide to help families play an active role in preparing for these beautiful events in their child's life.

Brother Francis: The Bread of Life (*Video*) *Herald Entertainment, 2011*. Join Brother Francis in this delightfully inspirational and instructive presentation that teaches children all about the Sacrament of the Eucharist! Includes: Stories of The Last Supper, The Story of Blessed Imelda Lambertini, and (Songs: I am the Bread of Life and What More Can He Give). Join Brother Francis in this delightfully inspirational and instructive presentation that teaches children all about the sacrament of the Eucharist. Also available on FORMED.

My First Communion Activity Book, *Twenty-Third Publications, 2014*. These story-based activity books feature puzzles, games, brain teasers and more. Children can follow Charlie and Emily as they prepare to receive the sacraments for the first time, gaining familiar contexts for the Mass, the Eucharist, and God's forgiveness. Each reinforces Catholic teaching with clear explanations about: Various parts of the Mass and their meanings, How to receive these sacraments, What's needed for a good confession, How to make good decisions (based on the Ten Commandments). Featuring scripture memory verses and suitable prayers for children, plus follow-up activities to engage families, these activity books foster a child's natural sense of wonder and love of God.

Guide for Celebrating First Communion *Liturgy Training Publications, 2015*. Guide for Celebrating First Communion presents a collaborative and liturgically appropriate approach for preparing Masses in which children are receiving Communion for the first time. Combining a theological and historical overview with practical advice, this guide may be used by pastors, liturgists, music directors, directors of religious education, catechists, and worship commissions to help foster the participation of children and bring them to full communion at the table of the Lord.

Adaptive First Eucharist Preparation Kit: For Children with Autism and Other Special Needs *Loyola Press, 2012*. The Adaptive First Eucharist Kit will enable many children with autism and other special needs to participate fully in their faith, children who might not be able to receive the Eucharist. Kit Includes: Helper Guide, My Picture Missal, Mass Cards (inside Picture Missal), Bless Yourself Board, Who is Jesus Card, Communion is Not the Same as Food Board, How to Receive Communion Board, I Receive Communion Book, Backpack.

Nourish (Pathways) *Faith and Family Life Ministries*. A first Communion family experience designed for middle childhood (6-10) aged children. Equip parents to teach, share faith, and pray with their children as they discover how the Mass relates to daily life. Families will encounter Jesus and experience the beauty of the Eucharist through a variety of hands-on activities and meaningful conversations. Watch families dive deeper into the incredible gift God gives us of the Eucharist, with Nourish.