

To parents, guardians, godparents, grandparents and all other family members and friends:

A child you love will soon share in the sacred meal of Communion, also called Eucharist. May your personal words of love and faith be for this child a blessing and a keepsake of remembrance.

Words of Blessing Presented To

(NAME OF CHILD)

With Love By

(YOUR NAME)

(DATE)

Dear Child,

You have been growing fast, and now you are _____ years old. I've noticed that you have learned the ability to do many things well, including _____

I am thankful that you are a person who enjoys _____

Some of your best personal qualities include _____

And now you are ready to experience your First Communion. Family meals are often times of warmth and love. As you experience the church's family meal called Communion, or Eucharist, may you know that you belong to God and your church family. I pray that God will prepare your heart for this sacred meal.

Receiving the Communion meal often helps us to _____

One of the most meaningful Communion experiences I remember having was the time _____

Remember that God loves us and offers to forgive our mistakes and sins. Knowing that God will forgive you can help you to _____

As you eat the bread, remember that _____

As you drink from the cup, remember that _____

I pray that years from now you'll be able to say,
"Attending worship or mass regularly and receiving
Communion often have helped me to _____

»

My prayer for your First Communion is, Dear God...

Note: If possible, gather with others who have completed this First Communion Keepsake, and express to this special child your words of blessing. If you live at a distance, you may want to use a phone to talk with the child. A good way to conclude your time together is to read in unison the prayer-poem on the back.



Dear Child of God,

Food has

*nourished and
helped you to
grow and mature.*

And now a time has come

*for you to receive the
spiritual food of life and faith.*

As you join your church family

*in this, your First Communion,
may your spirit be
nourished, and may you
grow in the Lord.*

Never forget that you

*are deeply loved by
God, your Creator,
and deeply loved by all of us, too.
God bless you in Christ forever!*

© 2002 TalkPoints

www.talkpoints.com

Box 25727, Woodbury, MN 55125
Please duplicate only with permission.