

St. John First Communion Scroll Instructions

The First Communion Scroll is a thirty-plus year tradition at St. John Parish! The purpose is for each family to create something together that will commemorate this special day in the life of each child's faith journey. Creating the scroll should be fun and enjoyable for your family. Each scroll will be unique and yours need not be like any other. In our experience, most children love their scroll because their family created it (just as God loves us, even though we are not perfect, because God created us).

You may use any materials you wish on your scroll: pen, pencils, markers, fabric markers or paints, iron on transfers, beads, fabric and anything else you can think of are all OK.

Divide the Scroll into three roughly equal sections using a light pencil mark that can later be erased.

The First Section

This section is created mostly by the parents & guardians. It consists of the history of your child's faith life and a letter from you to your child.

First, document the following:

Family Name -- Child's name

Birthdate & Baptismal Date

Parents/Guardians/Siblings/Grandparents/Godparents (any or all, up to you)

Then write a letter to your child expressing your love to them and your happiness on their upcoming reception of the sacrament. This should be short but sweet.

The Second Section

Have your child draw a picture of your family on this section. Your child may include extended family and pets if they wish.

The Third Section (please complete this section before our bread making session)

Have your child write a letter to Jesus and draw one or two symbols that remind your child of First Communion (examples include: bread, wine, candle, cross, dove, heart, chalice etc.)

Please bring the completed scroll to the bread making session. We will share the scrolls at the bread making and then display all the scrolls at the First Communion reception after each First Communion mass!

How to Receive Holy Communion

Please review these steps with your child before their special day!

Thank you for your help and support.

- Please make sure hands are clean!
- Remind children to be reverent when in line and have their hands together in the prayer position they've practiced.
- Bow while the person in front of them is receiving the Body and Blood.
- After Father or the Eucharistic Minister says, "The Body of Christ" the children respond with "AMEN", nice and loud.
- Hold hands high up, in the cradle position, for Father or the Eucharistic Minister to place the host in. The bottom hand takes the host and places it in the mouth. Dominant hand should be on the bottom.
- After they receive the Body of Christ, make the sign of the cross (Optional).
- Walk over to the Cup Minister and bow before receiving the Cup. The Eucharistic Minister will say: the "Blood of Christ." The children respond with a nice loud "AMEN." They do not need to drink if they don't want to; they can just put their lips up to the cup.
- After they receive the Blood of Christ, make the sign of the cross (Optional).
- Walk quietly back to their seat, and remain standing. Say a prayer of thanks to Jesus and then sing the Communion song along with the community.

Dress Guidelines for First Holy Communion

The key word is **White!**

White dress or white pants & shirt or white suit or white shirt with dark dress pants

White tights or white socks or flats with no socks all ok; neat, clean shoes.

If your child chooses to wear heels, please have them practice walking in the shoes before FHC!

If desired, a flower wreath or veil--please attach either securely!

No gloves or other accessories such as clutches, prayer books etc. during mass

If the garment is an heirloom, please check for tears or stains well before FHC so you have time for cleaning.

Tie (optional, but most children who wear a dress shirt wear a tie with it)

No jacket please during mass unless it is white