

### **1. Do I have to Dress Up?**

Children should be clean and well groomed. We want to look our best and be our best for Jesus at every Mass. Traditionally, children were white for First Communion, but it is not necessary to purchase something new nor expensive. White dresses for girls and white dress shirts for boys are most common.

### **2. What will it taste like?**

At St. Anne's the host is a wafer made of wheat and water just like bread. It will have a bit of a crunch and dissolve quickly in your mouth. It is to be swallowed immediately. Remember, after the host is consecrated by God through the priest, it is JESUS. Jesus longs to be with you in a very real way!

### **3. When can I have my second Communion?**

The very next day! Once you have received your First Communion, you may receive Communion every time you come to celebrate Mass, in any Catholic Church, in any country in the whole wide world! Welcome to the Table!

### **4. Is Jesus really in there?**

YES! Jesus gives us His Whole Self, Body, Blood, Soul and Divinity, in the Eucharist. This is a great mystery! This is the Truth! God changes the bread and wine during the Consecration through Transubstantiation. That's a big word to describe a big miracle! Keep your eyes on the altar so that you don't miss it!

### **5. What happens if I forget what to say?**

Amen means, "Yes, I believe!" All the people standing to receive Communion will say AMEN, too, so listen for their statement of belief and then make yours loudly and proudly.

### **6. Where do I sit?**

You'll have a special place in a front pew marked with your name. You'll be sitting with other First Communicants. Your family will sit in a different pew nearby.

### **7. When do I stand?**

Standing is a sign of honor and respect so we stand as the priest, who represents Christ, enters and leaves the Sanctuary. We stand for prayers, for the reading of the Gospel, and when we receive Communion. If others in the assembly are standing and looking at the speaker, you should be too.

### **8. When do I kneel?**

Kneeling shows our adoration of Christ and so we kneel for the entire Eucharistic Prayer. If others in the assembly are kneeling and looking at the Altar, you should be too.

### **9. Should I sing?**

YES! Singing is another way to pray and praise God. When we lend our voice to the chorus of voices praising God we are obedient to the Bible's words, "Sing a new song unto the Lord!"

### **10. Can I sit with my Friends?**

You'll have a special place in a front pew marked with your name. You'll be sitting with other First Communicants; some you will know and some who may be new to you. When we sit in the Sanctuary we are in a posture of listening and meditation. When we sit we are to be attentive.