



Readiness for Holy Communion

Signs of 'Readiness':

- Attending Mass each week
- Paying attention during Mass
- Wanting to share in the Eucharist
- Understanding that the consecrated bread and wine is the body and blood of Jesus
- Have made/wish to make a good confession
- Desire to grow in relationship with Jesus

Prayers your child should know:

- Our Father
- Hail Mary
- Glory Be
- Some Mass responses

What's your role as parents?

- Talk to your child about God, teach them the Faith
- Take them to Mass every Sunday
- Encourage their participation at Mass
- Pray together at home
- Observe the 1 hour fast before receiving communion
- Model reverence when receiving the Eucharist yourself

"I have read this guide and firmly believe my child is ready to receive the sacrament of the Eucharist for the first time"

If you believe that your child is ready, please complete the form on our website: salisburycatholics.org/familyoffaith