

Instructions for Your 1st Communion Retreat

1. Read the letter from Father Marty and say the Our Father together.
2. Watch the “**Communion bread video**” (under 10 minutes) found at www.faithhope.org under Religious Education tab, look for a link to “1st Communion Retreat” and then click on the link to the Communion Bread video.
3. **Make your bread!** See recipe posted under the “Bread Recipe” link. While bread bakes, Do your Grapes and Design your Plate!
 - a. **Grapes:**
 - i. Watch the “**Vine and the Branches**” video found at www.faithhope.org
 - ii. Pull out your Grapes project with some colored pencils or fine tipped makers
 - iii. Write your name on leaves (first name on one leaf and your last name on the other)
 - iv. Think about the people in your life that help you to stay close to Jesus— This could be your mom and dad, brothers and sisters, Godparents, your friends, your teachers, your priest, etc.
 1. Write those special names in the grapes—one name per grape!
 - v. Think about the ‘fruits’ discussed in the video about the Vine and the Branches parable. What fruits of the Spirit are you hoping to be strengthened in making your 1st Communion? Think—Love, Kindness, Goodness, self-control
 1. Write those ‘fruits’ in your grapes too!
 - vi. Color in the rest of your grapes!
 - b. **Design Plates:**
 - i. Use Fine tipped markers, if possible, to color your design.
 - ii. **Important:** See the directions that indicate to leave at least a quarter of an inch within the circle so your design doesn’t get cut off.
 - iii. Write your name on your plate.
 - iv. Write the date of your 1st Communion—May 7, 2022
 - v. Draw and color images and symbols of the Eucharist—wheat, bread, grapes, a chalice, host, a Cross, heart—please make sure your drawing relates to the sacrament of the Eucharist.
 - c. Place your finished grape and plate design back in the envelope and bring back to me by March 1st.
 - d. When you can, Watch the “How to Receive Communion” video and the “Church Tour” found at www.Faithhope.org
 - e. Practice the ‘Our Father’ and take the Prayer Partner Challenge!