



**Boston Catholic Journal**



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DEDICATED TO MARY MOTHER OF GOD

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**What you need to know for  
Your First Holy Communion  
A Children's Primer**



**First you have to know:  
WHERE GOD IS**

**and how He will come to you in  
Holy Communion**



**THE  
TABERNACLE**

**INSIDE** the **Tabernacle** we find the **REAL PRESENCE**

of Jesus Christ

Who **LIVES** in the **HOLY EUCHARIST**

under the *appearances* of bread and wine.



**It is the most HOLY of all places on the  
Earth!**



# Why?

Because Jesus Christ *really* and *truly* lives there

— and, not only there —

but **in every TABERNACLE** in **every**

**CATHOLIC Church** in the world!



**(Tabernacle)**

**If** you were to open the golden doors of the **Tabernacle**

(each door has an Angel on it, praying to Jesus inside) ...

... you would see the **Most Holy Eucharist** in a **golden**

**cup** called the **Ciborium** (chee—bore—e—um)

which looks like this:



**The Ciborium**





**The Ciborium**  
**holds all the Hosts**  
**that will be given out during Holy**  
**Communion at Mass**



**This** is what the **HOST** looks like:



**(Host)**

To *our* eyes — the HOSTS **appear** to be simple, small, round,  
wafers like the one above

**But something WONDERFUL is going to  
happen to them!**



As you see *right above*: the **HOST** is round, white, and tastes like bread —

**But *in fact* it**

**really and truly *becomes* the Body of Christ**

that the priest gives you on your tongue.



The **Host** contains **ALL of Jesus: His Body, His**

**Blood, His Soul, and His Divinity** — (“Divinity” is

another way of saying He is God).



Remember: **the HOSTS are kept in the  
Ciborium**

AND

*The **CIBORIUM** is kept inside the **TABERNACLE** ...*



**(Tabernacle)**

In other words,



The most important thing to remember is that:

Jesus Christ — Who is GOD — is IN the HOST



and the **Host** is also called the **Holy Eucharist**



**BUT THAT IS NOT ALL!**

The **Holy Eucharist** is **ALSO** in the **CHALICE!**

The **Chalice** is a gold cup that **holds the Blood of JesusChrist.**

And not just His blood ...

**BUT ALL OF HIM — JUST LIKE THE HOST!**

**This is the **Chalice**:**



**Before** the priest **consecrates** the wafer (bread) and the wine at Holy Mass, they are only that:

**bread and wine.**

But **AFTER** the priest **Consecrates** the round wafer and the wine in the cup —

the **bread** becomes the **Body** of Jesus Christ!

and the **wine** becomes the **Blood** of Jesus Christ!

**Really and truly!**



When we go to Holy Mass the priest **consecrates**  
(offers up to Jesus' Father in Heaven)

the bread and wine:



and after he does, they then become  
the Body and Blood of Jesus!



In other words, AFTER the priest CONSECRATES it:

**It is no longer bread.**

**It is no longer wine.**

**It becomes Jesus Himself!**

— *hidden* under the appearance of bread and wine, (which still *looks like* bread and wine) — but is really the BODY and the BLOOD of Jesus Who gives Himself to us in **HOLY COMMUNION.**





The priest offers the **Eucharist** up to God



## **PRAYER BEFORE COMMUNION**

**Before** you go to receive Holy Communion, you should say  
**this prayer:**

“**O** LORD Jesus Christ, Son of the living God,  
Who by the will of the Father and the Holy Ghost,  
Died for us on the Cross  
and by Your death, You gave life to the world:  
deliver me by this, **Thy most sacred Body and Blood,**  
from all my sins and from every evil.  
Make me always to obey Thy commandments  
and never let me be separated from Thee.  
Amen.”





**Here the priest is offering to you the Holy Eucharist,  
the Body of Jesus at Mass**

And when you receive Holy Communion, **the priest** says to  
you:

**“The Body of Christ”.**

After you open your mouth and hold out your tongue, the priest  
places the Host on your tongue, and **you** say,

**“Amen”.**

**You have just received Jesus on your tongue**, and He goes into your body and soul and you become filled with **Grace** and become **very** pleasing to God! Angels gather all around you (although you will not see them — but they are there!) — right beside you, singing praise to God for the most beautiful gift He just gave you: **Himself!**





If you could see all that is **really** taking place at Holy Mass,  
you would see something like the picture above.

Do you see Jesus above the Altar?

Do you see His Father?

Do you see all the Angels?

**They are all there, during Holy Mass**, but usually, in this life, you cannot see them. Ask God to help you to love Him more and more all your life. He will love you and protect you, **and be with you**, all your life!



**The Most Holy Eucharist**

Editor  
Boston Catholic Journal



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