

# First Holy Communion Preparation with the Traditional Latin Mass

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## Resources:

TLM CGS Album

*The Mass Explained* by Maria Montessori

*A Child's Missal* by Patmos

*King of the Golden City* by Mother Mary Loyola (Book and audio)

*Little Acts of Grace* by Rosemarie Gortler

*Angel Food* series by Father Gerald Brennan

*The Weight of a Mass, a Tale of Faith* by Josephine Nobisso

Catechism

## The Plan:

Begin with Audio: *King of the Golden City*

### I. Introduce Manners at Mass:

Pick one manner to work on each month. Use *Little Acts of Grace*

\*Make a little manners book from the CHC FHC prep. Color, add holy cards, laminate, and bind. Take to Mass.

- (a) custody of eyes, dressing modestly (Aug & Sept)
- (b) genuflection, using holy water (Oct)
- (c) bowing head at the name of Jesus (Nov)
- (d) sign of the cross, posture (Dec)
- (e) prayer before the gospel (Jan)
- (f) prayer at consecration (Feb)
- (g) prayer before Communion (Mar)p
- (h) pious walk to Communion (Apr)
- (i) prayer after Communion (May)
- (j) review (June)

### II. Weekly Schedule:

**Monday and Tuesday:** Catechism & Angel Food Books (main lesson bk or oral narrations only)

**Wednesday and Friday:** *The Mass Explained* (main lesson book)

**Thursday:** Sunday Gospel Reading

### III. The Mass Explained by Maria Montessori

30 lessons

1. **The Last Supper** (p.2-4) Last Supper Holy Card with copy work “This is My Body”

#### Chapter One: The Meaning of the Mass

2. **The Mystery** (p. 5-9) Narration
3. **The Church** (10-15) Discussion
4. **The Communion of Saints** (16-19) Draw picture w/ copy work from p.19 The Call

#### Chapter Two: What is Necessary for the Mass

5. **Preparing the Table/ Altar Steps** (20- 24) Make an altar that flips up to have pictures of different types of altars underneath. Describe what an altar is and the three steps.
6. **The Altar Cloths – The Bell** (24-29) Little pocket to hold items for altar, description on back. Can be placed on altar? Set home altar w/ CGS items
7. **Sacred Vessels** (29-35) Flip Book showing the different layers with chalice, paten, etc. w/ name of each. High vs. Low Mass. Set home altar w/ CGS items.
8. **The Bread and Wine** (36-40) Make a tabernacle which opens to hold the ciborium which opens to hold the host. Descriptions on each part. CGS Presentation.
9. **The Priest** (40-43) Make a paper doll priest
10. **Sacred Vestments** (43-48, also 49-50) Make vestments for priest paper doll. Name on each. Store in little pocket. Also CGS presentation with little altar priest. Bring home vestments from Mass per Father’s permission. Play memory with Vessels and Vestments cards from Catholic Artworks.
11. **Liturgical Colors** (48-49) Make a matching book (color on one side with liturgical time on the other) and a mini liturgical wheel. Play matching game.

#### Chapter Three: Introduction to the Mass

12. **The Divine Theatre** (51-55) Parts of the Mass in two objects: The book and the Host and Chalice. Two columns with picture at top, descriptions underneath

#### Chapter Four: The Mass of the Catechumens

\*\*Begin using A Child’s Missal to help guide lessons. Each part of the Mass on two dedicated facing pages or one page split in 1/2 (1st side holy cards/draw picture of Christ’s life 2nd side picture of part of the Mass with narration or copy work) CM= A Child’s Missal

13. CM (**Entrance Procession**)
14. **Sign of the Cross** (p.56-57) Child’s Portrait with Cross over the top, label in Latin
15. **The Closed Gate – The Ascent** (57-60) Psalm 42 I will go unto the altar: discuss, *Confiteor*: copy/paste in books & decorate, note posture of the priest, Ascent: Name steps on the altar page previously made: Faith, Hope, Charity

16. **Meeting the Saints**-Gloria (60-63) *Kyrie* (only Greek) Paste & decorate, *Gloria*: paste and decorate
17. **CM The Readings**- draw a picture of Jesus preaching to the apostles then picture of priest reading. List the readings: Collects, Epistle, Gradual, Gospel. (63-67) focus on the Gospel, the moving of the book, the prayer and 3 crosses. Find old bl/w line drawing of priest reading gospel, paste in book and add a picture of child w/ 3 little crosses on forehead, lips, and heart. Copy work: "Glory to Thee, O Lord, Praise to Thee, O Christ."
18. **The Creed** (67-68) Copy, paste, decorate. Discuss and bold place where we kneel and why.

### Chapter 5: The Mass of the Faithful

19. **Offertory** (69-75) Discuss and CGS presentations, CM Draw a picture of Jesus being made ready for his sacrifice through cleansings and anointments.
20. **The Centre of the Mass** (75-78) CM Preface and Sanctus: Draw Jesus at the Last Supper, Copy work: *Sanctus, Sanctus, Sanctus*, CGS presentation
21. **Sacrifice: The Ancient vs. New Rite** (78-82) Draw pictures of old sacrifices and the cross as our new sacrifice
22. **Canon, Diptychs** (82-87) CM Intercession for the living and Oblation: Draw the people needing help and saints surrounding them
23. **The Consecration** (87-94) and CM Consecration: Find beautiful picture of consecration, add copy work "My Lord and My God", draw picture of Host with cross on it, CGS presentation Read book: *The Weight of the Mass.*
24. **The Offering** (94-101) Focus on CM Memorial and Remembrance. Picture of Risen Christ over altar w/ holy souls being sanctified by the angels under it.
25. CM **Canon's End and Prep for Communion**: Focus on *Pater Noster*. Paste in prayer "Our Father"
26. **Peace** (101- 109) Picture of chalice with broken host over it. Write *Angus Dei* with drawings of lambs.
27. **Priest's and People's Communion** (109- 113) CM Communion: Narration of what is needed to open the gates of God (112) and copy work of centurion's prayer
28. CM **Final Blessing and Last Gospel** & (113-116) Copy work "*Deo Gratias*" Discuss and narrate the Last Gospel
29. **Prayer after Low Mass**- Discuss reason, review prayers
30. End with audio: *King of the Golden City*

\*\*Narrations of various parts of the Mass can be added as needed. Decorate and add to main lesson book.