

**Digital First Communion Retreat – In English and Spanish
from *Our Sunday Visitor***

Page 3 of this document shows slides from the Digital First Communion Retreat with a short outline with steps and links, using the free digital resources from *Our Sunday Visitor's* Sacrament preparation program ***Encounter with Christ***.

RETREAT IN ENGLISH

1. Opening prayer:
God, you have chosen us to be your children. We belong to you. Through the waters of Baptism, we are cleansed of sin. We become part of God's family, the Church. Help us to grow closer to you as we prepare for our first Holy Communion. Thank you for making us your own. Amen.
2. Go to the Encounter with Christ website:
(https://sacraments.osv.com/eucharist/for_families/552/556) and sign in using **ewcsales** (temp username) and **ewcsales99** (temp password).
3. **Watch short 2-3 minute session videos** (there are 6 videos for Eucharist – choose one, a few or all six).
4. Discussion question (found at the end of each video clip – you will need to pause video)
5. Choose the **Interactive Game** (each game corresponds to the video session you watched):
https://sacraments.osv.com/eucharist/games/matching_game
6. Choose the corresponding **activity download** (specific to the video session(s) you chose):
https://sacraments.osv.com/eucharist/games/activity_downloads
7. Closing prayer:
We come as your children to listen to your Word, Father. May we feel your great love and hear your voice. Open our ears, our minds, and our hearts.

Parents: make the Sign of the Cross with your thumb on your child's forehead, lips, or heart.

Children: you will repeat the gesture on your parent's forehead, lips, and heart.

Optional: suggest a craft activity of your own choosing, like a first communion banner. I know they can be purchased online and delivered. Amazon.com has plenty of choices here:

https://www.amazon.com/s?k=first+communion+banner+kit&crd=3UZ2IKLBLZC21&srefix=first+coommunio+banner,aps,234&ref=nb_sb_ss_sc_2_22

RETREAT IN SPANISH

1. Oración inicial:
Dios, nos elegiste para que fuéramos tus hijos. Te pertenecemos. En las aguas del Bautismo somos limpios del pecado. Nos hacemos parte de la familia de Dios, la Iglesia. Ayúdanos a acercarnos más a ti mientras nos preparamos para la Primera Comunión. Te damos gracias por hacernos tuyos. Amén.
2. Vas a nuestro sitio de web **Encuentro con Cristo**. Login es **ewcsales** (nombre de usuario) y **ewcsales99** (contraseña): https://sacramentos.osv.com/eucharist/for_families/574/576
3. **Escoge uno de los seis videos** cortitos y míralo.
4. Pregunta de discusión (al final del video)

5. Escoge un **juego correspondiente** al video:
https://sacramentos.osv.com/eucharist/games/matching_game
6. Escoge una **actividad**, también correspondiente al video:
https://sacramentos.osv.com/eucharist/games/activity_downloads

7. Oración final:

Venimos como sus hijos a escuchar su Palabra, Padre. Podemos sentir tu gran amor y escuchar tu voz. Abre nuestros oídos, nuestras mentes y nuestros corazones. Amen.

Padres: hagan la Señal de la Cruz con el pulgar en la frente, los labios o el corazón de su niño.

Niños: repetirán el gesto en la frente, los labios y el corazón de sus padres.

How much time would this digital retreat take? It will depend on how many video sessions, games, activities you choose. It is totally up to you. This is an estimate, but 1 video clip with discussion question, game and activity download could take about 10 minutes. If you did 3 video clips with discussion question, game and activity, then 30 minutes.

How much does this cost? The Encounter with Christ website resources have always been FREE to our customers. But if you are not using Encounter with Christ, the digital version (child book, parent guide, online videos, website and more) is FREE until June 30th.

All our FREE resources, in English and Spanish can be found right here: <https://reply.osv.com/FreeAtHomeResources>.

If you have any questions, please contact:

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Our Sunday Visitor: To Serve the Church

Looking for a specific area of support for your parish or school? Check out *Our Sunday Visitor's* list of free webinars: <https://reply.osv.com/upcomingevents>



TO SERVE THE CHURCH



Prayer During an Epidemic

Lord Jesus,

Hear our pleas, our good shepherd and divine physician. We implore your mercy in the wake of an outbreak of serious illness and disease.

Guide our efforts to prevent contagion and make preparations to care for those most vulnerable. Assist all professionals and volunteers who work to eradicate the epidemic now spreading. May our actions be marked by your steadfast love and selfless service and never by panic or fear.

Bestow your comfort and healing to the sick, sustain and strengthen them by your grace. May they know your closeness as they carry the cross of illness.

And may all you have called from this life come to worship you eternally with all the saints as you grant consolation and peace to their mourners. Amen.

Holy Mary, Health of the Sick, pray for us.

St. Joseph, Hope of the Sick, pray for us.

St. Rocco, protector against epidemics, pray for us.



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Encounter With Christ Website Resources: sacraments@osv.com



Parent Log In Credentials - Temporary

CATEGORIES

Parent Guide Resources

Family Videos

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Parent Videos

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Family Videos

Sign In

User Name

ewcsales

Password

☐ Remember Me

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Submit



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PARENT GUIDE RESOURCES

[Reconciliation](#)[Eucharist](#)[Confirmation](#)[Home](#)[Session Planning](#)[Program Resources](#)[Catechist Formation](#)[Games](#)[Glossary](#)[For Families](#)

Eucharist For Families

We have combined resources for both Eucharist and Reconciliation. You will not have to switch back and forth between the two sections in order to access videos, FAQs, and other resources.

CATEGORIES

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Parent Guide Resources



Session 2 Additional Download
The Introductory Rites

[Preview](#)[Download](#)

Session 3 Additional Download
Liturgy of the Word

[Preview](#)[Download](#)

Session 3 Additional Download
Liturgy of the Eucharist

[Preview](#)[Download](#)

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SESSION VIDEOS

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Session Videos

Parent Videos

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Family Videos



Eucharist Session 1
We Belong



[View](#)



Eucharist Session 2
We Gather



[View](#)



Eucharist Session 3
We Listen and Respond



[View](#)



Eucharist Session 4
We Accept and Offer



[View](#)



Eucharist Session 5
We Give Thanks



[View](#)



Eucharist Session 6
We Share



[View](#)



Reconciliation Session 1
We Are Made in God's Image



[View](#)



Reconciliation Session 2
We Live in Covenant with God



[View](#)



Reconciliation Session 3
We Are Called to Forgiveness



[View](#)



Reconciliation Session 4
We Come to Reconciliation



[View](#)



Reconciliation Session 5
We Confess and Do Penance



[View](#)



Reconciliation Session 6
We Are Forgiven and We Forgive



[View](#)



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6 EUCHARIST VIDEOS



Session 1 – Video 1

- Eucharist - We Belong



Video Reflection / Discussion



Matching Games-3 Eucharist



Reconciliation **Eucharist** Confirmation
Home | Session Planning | Program Resources | Catechist Formation | Games | Glossary | For Families



CATEGORIES

Matching Game

Art Reveal

Sorting Game

Activity Downloads

Matching Game



Sacraments of Initiation
Eucharist Session 1



Play



Introductory Rites
Eucharist Session 2



Play



Eucharistic Prayer
Eucharist Session 4



Play

Sacraments of Initiation



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ART REVEAL – Words of Consecration



Reconciliation

Eucharist

Confirmation

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Eucharist Games

CATEGORIES

Matching Game

Art Reveal

Sorting Game

Activity Downloads

Art Reveal



Words of Consecration
Eucharist Session 5



Play

OSV

TO SERVE THE CHURCH

Sorting Games



Reconciliation

Eucharist

Confirmation

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Eucharist Games

CATEGORIES

Matching Game

Art Reveal

Sorting Game

Activity Downloads

Sorting Game

- | | | |
|---|--|------|
| ➞ | Liturgy of the Word
Eucharist Session 3 | Play |
| ➞ | We Share
Eucharist Session 6 | Play |

6 Activity Downloads – 1 per Video Session



CATEGORIES

Matching Game

Art Reveal

Sorting Game

Activity
Downloads

Activity Downloads

	Word Search: Son of God Eucharist Session 1	 Preview	 Download
	Coloring: Lord's Day Planner Eucharist Session 2	 Preview	 Download
	Coloring: Profession of Faith Eucharist Session 3	 Preview	 Download
	Coloring: Heavenly Host Eucharist Session 4	 Preview	 Download
	Coloring: Sacred Vessels Eucharist Session 5	 Preview	 Download
	Puzzle Picture: Body of Christ Eucharist Session 6	 Preview	 Download



TO SERVE THE CHURCH

Always Begin With Prayer

Prayer for Sessions/Videos 1-3

In the name of the Father, and of the Son, and of the Holy Spirit, Amen. God, you have chosen us to be your children. We belong to you. Through the waters of Baptism, we are cleansed of sin. We become part of God's family, the church. Help us to grow closer to you as our children prepare for their first Holy Communion.

Prayer for Sessions/Videos 4-6

In the name of the Father, and of the Son, and of the Holy Spirit, Amen. Father, in love your Son chose to become human like us. He is your gift to us. Through his sacrifice on the Cross and at Mass, Jesus invites us to share in your divine life. We have received amazing gifts from God. God the Father gave Jesus to us and Jesus gave his life for us. Help us grow closer to you as our children prepare for their first Holy Communion.

Consider This...



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CATEGORIES

Parent Guide Resources

Family Videos










Session Videos

Parent Videos

Consider This

FAQs

Parent Guide Resources

	Session 2 Additional Download The Introductory Rites	 Preview	 Download
	Session 3 Additional Download Liturgy of the Word	 Preview	 Download
	Session 3 Additional Download Liturgy of the Eucharist	 Preview	 Download

For Families

Sensing God's Presence

Vacations are an important time in a family's life. You may go to the beach, to the mountains, to the lake, or even to the backyard for a "staycation." Being with nature soothes our spirits. Our senses are enveloped with the sights, smells, and sounds of creation.

Giving your children the opportunity for these moments, even mini-vacations like afternoons at the park, reconnects them with the presence of God that flows through creation. In a very real way you are forming them to move ever more deeply into the celebration of the Sacraments.

God chose to use our senses to communicate with us, not just in creation, but most especially through his Son, Jesus, and the Seven Sacraments that Jesus gives us. In the Sacraments, gifts of creation—water, oil, bread, and wine—are symbols through which we experience God's presence and saving grace. Helping children be aware of their senses prepares them for the Sacraments in which they see, hear, feel, and taste the grace of God.

AUDIO GLOSSARY



Home | [Reconciliation](#) | [Eucharist](#) | [Confirmation](#) | [Glossary](#) | [For Families](#)



Select Letter

A B C E G H I L P R
S T

[View All](#)

A

- ▶ **altar** the central table at the front of the church where the Eucharist is celebrated
- ▶ **assembly** the people gathered together for worship



TO SERVE THE CHURCH

FAQs LINK



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CATEGORIES

Parent Guide Resources

Family Videos

Session Videos

Parent Videos

Consider This

FAQs

FAQs



Eucharist FAQs



[View](#)



Reconciliation FAQs



[View](#)



TO SERVE THE CHURCH

Another OSV Resource to Share

- Dr. Joseph White tells the story of Jesus' institution of the Eucharist in this story of the Last Supper and Holy Thursday on The Allelu Show:
- [The Last Supper](#)
This is a 15 minute Video that can conclude your offering of a digital 1st Eucharist Retreat.

Personalize Your Retreat

Have each child make a banner and take a picture to send to you.



Put the pictures together in a collage and post on your parish website.

Personalize Your Retreat

Have children bake a loaf of bread at home with their families.



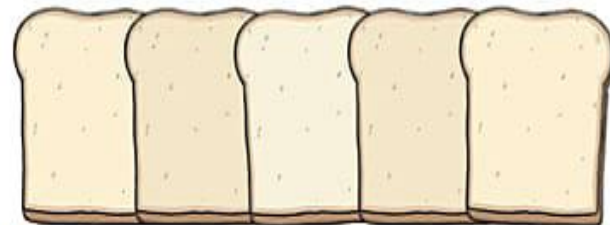
How to Make Bread

Ingredients

- 1.5kg bag plain flour
- 2 sachets dried yeast
- 900ml warm water
- 1 tbsp caster sugar
- 1 tsp salt

Method

- 1. Sift flour, salt and yeast into a bowl.
- 2. Add the warm water.
- 3. Mix together to form a dough.
- 4. Knead the dough.
- 5. Leave the dough to rise in a covered bowl.
- 6. Line a baking tray with baking parchment, roll the dough into a ball and put it into the tin.
- 7. Bake in an oven at 220°C for 25 to 30 minutes until the loaf is golden brown. It should sound hollow when tapped from underneath.
- 8. Leave the bread to cool then slice it and enjoy!



How to Make Bread

Ingredients

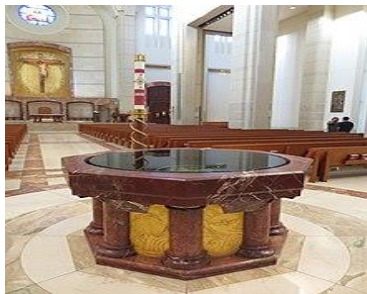
- 1.5kg bag plain flour
- 2 sachets dried yeast
- 900ml warm water
- 1 tbsp caster sugar
- 1 tsp salt

Method

- 1. Sieve flour, salt and yeast into a bowl.
- 2. Add the warm water.
- 3. Mix together to form a dough.
- 4. Knead the dough.
- 5. Leave the dough to rise in a covered bowl.
- 6. Line a baking tray with baking parchment, roll the dough into a ball and put it into the tin.

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Personalize Your Retreat



Encounter With Christ Digital Retreat

Q & A



**Reach out with questions or to schedule time with an OSV consultant:
800-348-2886 x 3000 or Email bstaton@osv.com**

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