



**After your Opening Prayer for your First Holy Communion Parent &**

**Child Retreat**, your family will watch The Brother Francis Video called “The Bread of Life: Celebrating the Eucharist. The Bread of Life is available on Formed.org (and [also on Vimeo](#) for those outside of our parish or in a parish without a subscription to Formed.org).

**After watching The Bread of Life video**, please talk over the following questions.

Or you can pause the Bread of Life when you have come to an answer while watching it.

For a deeper discussion, you can add questions like:

- Why do you think that?
- How do you think he felt?
- How would you feel if you were there?

**Bread of Life Questions:**

1. **What does the word Eucharist mean?**
2. **Who dipped his bread when Jesus did?**
3. **When do we hear the words Jesus said at the Last Supper?**
4. **What did Jesus give to His disciples at the Last Supper?**
5. **On the video, the children speak of cleaning their hearts before receiving Jesus in the Eucharist. What sacrament do we celebrate often to confess our sins and receive God’s mercy and grace?**
6. **In the parable of the grape vine, who do the grapes represent?**
7. **What does the parable teach us?**
8. **Who taught Imelda about God?**
9. **What is Imelda the Patroness of?**

**Then watch this short video** that leads you through these questions and gives you the answers. It is the “[First Holy Communion Parent & Child Retreat – Part 2: Bread of Life Video and Discussion](#)” video segment which is less than 4 minutes long.